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ABBEY DAYS
I have started a new chapter, says Downton's Hugh

SEE PAGES 14&15

CALL FOR NHS TO REINSTATE NURSE SUSPENDED IN GENDER ROW

SEE PAGE 7

European leaders warn of 'dangerous downward spiral' after Greenland demands

FEARS TRUMP'S TARIFFS THREAT WILL RIP NATO APART

BY **MICHAEL KNOWLES**
Home Affairs Editor

DONALD Trump's tariff threats to those opposing his bid to take over Greenland "risk a dangerous downward spiral" that could rip Nato apart, Europe warned.

Russia yesterday hailed the "collapse of the transatlantic union" after the US president threatened levies on all goods from eight countries – including Britain – if he is not allowed to buy Greenland from Denmark.

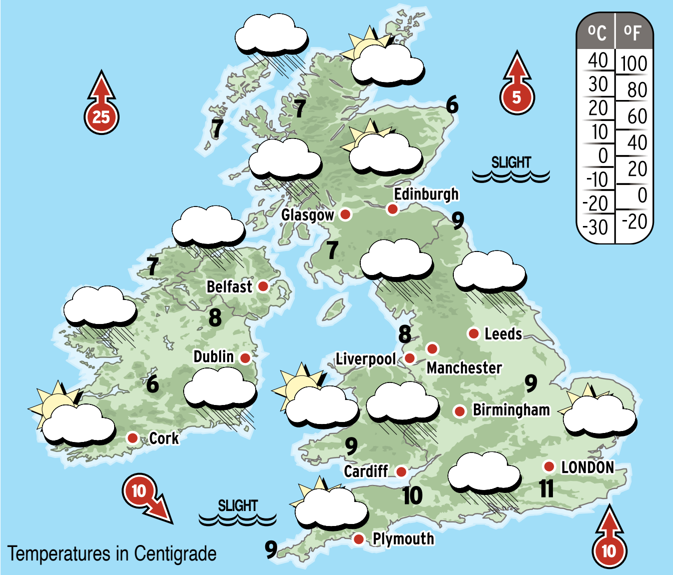
Keir Starmer told Mr Trump his strategy was "wrong", and

TURN TO PAGE 4

Smiling Emma wins after slow start Down Under

SEE SPORT

WEATHER FORECAST



Temperatures in Centigrade

Today's summary: Cloudy start, rain later, cool

North West: Grey and wet with patchy light rain and drizzle expected. Moderate north-westerly winds. High 9C (48F).

Northern Ireland: Overcast and wet with patchy light rain or drizzle. Moderate north-westerly winds. High 7C (45F).

Wales: Cloudy with light showers. Misty spells later. Breezy westerly winds, turning cooler. High 9C (48F).

Midlands: Overcast and wet with light rain or drizzle. Moderate north-westerly winds. High 9C (48F).

North East/Yorks: Wet and overcast with light rain, becoming showery later. Light winds. High 8C (46F).

Scotland: Overcast with occasional brighter spells. Breezy at times. Chilly throughout the day. High 7C (45F).

East Anglia: Mostly cloudy with sunny intervals later. Light to moderate winds, cool temperatures. High 10C (50F).

London/South East: Scattered showers are expected, especially later. Moderate south-westerly winds. High 11C (52F).

South: Grey and wet with patchy light rain and drizzle expected. Moderate northerly winds. High 10C (50F).

South West: Unsettled with rain or showers for much of the day. Gentle north-westerly winds. High 10C (50F).

Channel Isles: Wet with outbreaks of light rain and drizzle expected. Fresh westerly winds. High 9C (48F).

Sea: North Sea: Slight. Irish Sea: Moderate. Channel: Slight.

UK OUTLOOK TOMORROW: Expect cool temperatures with occasional rain and cloudy skies. Winds will be light to moderate, gradually increasing throughout the day.

SIX-DAY FORECAST
Temperatures in Centigrade

	TUE			WED			THU			FRI			SAT			SUN		
		min	max		min	max		min	max		min	max		min	max		min	max
London	🌧	6	10	🌧	5	9	🌧	5	9	🌧	4	8	🌧	3	8	🌧	3	7
Belfast	🌧	6	8	🌧	6	8	🌧	5	7	🌧	4	6	🌧	4	6	🌧	3	6
Birmingham	🌧	6	9	🌧	4	8	🌧	4	7	🌧	3	7	🌧	3	6	🌧	2	5
Cardiff	🌦	6	9	🌧	6	9	🌦	4	8	🌦	4	8	🌧	4	8	🌧	3	7
Glasgow	🌧	5	9	🌧	5	9	🌧	4	8	🌧	3	7	🌧	2	6	🌧	2	6
Manchester	🌦	7	9	🌧	5	9	🌧	4	7	🌧	4	7	🌧	3	6	🌧	2	6
Newcastle	🌧	6	9	🌧	5	8	🌧	4	6	🌧	3	6	🌧	3	5	🌧	2	5
Norwich	⛅	5	9	⛅	4	8	☁	4	6	🌧	3	6	🌧	2	6	🌧	2	5
Plymouth	🌧	7	10	🌧	7	10	🌦	7	10	🌦	6	9	🌦	6	9	🌦	5	8

Britain yesterday

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min)	(max)
Aberdeen	0.0	0.08	2	7
Aberporth	4.7	0.00	1	7
Alnwick	0.0	0.24	2	7
Belfast	2.9	0.25	5	8
Birmingham	0.0	0.06	5	6
B'mouth	0.0	0.02	7	10
Bristol	0.0	0.33	4	7
Cardiff	0.0	0.20	4	7
Durham	0.0	0.08	2	5
Edinburgh	0.0	0.01	-2	5
Glasgow	0.7	0.00	4	7
Hull	0.0	0.12	4	6
Ipswich	1.9	0.01	5	10
Leeds	0.0	0.15	4	6
Lincoln	0.0	0.06	4	7
London	0.1	0.01	6	11
Manchester	0.0	0.16	0	6
Oxford	0.0	0.02	5	8
S'hampton	0.2	0.01	7	10
St Andrews	0.0	0.07	0	7

Moon, sun and tides

MOON rises: 8.40am, sets: 5.05pm
SUN rises London: 7.55am, sets: 4.27pm
Manchester rises: 8.12am, sets: 4.27pm

● **First Quarter**
26 January

HIGH TIDE

London B'ge	(2.08am), (2.26pm)
Liverpool	(11.31am), (11.53pm)
Greenock	(12.35am), (12.55pm)
Dover	(11.26am), (11.45pm)

Britain Extremes:
(24 hours to 2pm yesterday)

Warmest: Porthmadog, 12c (54f).
Coldest: Kinbrace, -6c (21f).
Wettest: Ballypatrick Forest, 1.74ins.
Sunniest: Aberdaron, 7.0hrs.

Lighting-up times

Belfast	4.36pm-8.31am
Birmingham	4.30pm-8.05am
Bristol	4.37pm-8.04am
Glasgow	4.23pm-8.31am
London	4.27pm-7.54am
Manchester	4.27pm-8.11am
Newcastle	4.17pm-8.15am

Europe forecast

Today			Tomorrow		
Amsterdam	Cloudy	6C/43F	**Amsterdam**	Fair	7C/45F
Brussels	Fair	9C/48F	**Brussels**	Fair	9C/48F
Dublin	Rain	8C/46F	**Dublin**	Rain	9C/48F
Frankfurt	Fair	5C/41F	**Frankfurt**	Sunny	5C/41F
Geneva	Sunny	9C/48F	**Geneva**	Sunny	8C/46F
Lisbon	Fair	14C/57F	**Lisbon**	Showers	13C/55F
Madrid	Fair	10C/50F	**Madrid**	Sunny	10C/50F
Paris	Fair	11C/52F	**Paris**	Fair	11C/52F
Rome	Cloudy	15C/59F	**Rome**	Fair	14C/57F

Around the world yesterday

		C	F
Amsterdam	Fair	6	43
Athens	Cloudy	8	46
Barcelona	Thndr	12	54
Berlin	Fair	2	36
Budapest	Fair	0	32
Cairo	Fair	18	64
Cape Town	Fair	22	72
Casablanca	Shwrs	10	50
Corfu	Sunny	13	55
Dublin	Shwrs	8	46
Dubrovnik	Fair	12	54
Faro	Fair	12	54
Florence	Fair	14	57
Gibraltar	Shwrs	11	52
Guernsey	Drizzle	9	48
Hong Kong	Sunny	22	72
Istanbul	Rain	3	37
Jersey	Cloudy	9	48
Larnaca	Cloudy	13	55
Las Palmas	Rain	18	64
Los Angeles	Sunny	21	70
Luxor	Sunny	20	68
Malaga	Fair	10	50
Mallorca	Thndr	14	57
Malta	Fair	16	61
Melbourne	Sunny	25	77
Miami	Cloudy	25	77
Moscow	Cloudy	-12	10
Nairobi	Fair	24	75
New Delhi	Sunny	19	66
New York	Snow	1	34
Nice	Shwrs	16	61
Nicosia	Cloudy	11	52
Perth	Sunny	29	84
Prague	Sunny	2	36
Singapore	Fair	30	86
Stockholm	Cloudy	2	36
Sydney	Thndr	25	77
Tel Aviv	Thndr	16	61
Tenerife	Drizzle	23	73
Toronto	Snow	2	36
Tunis	Fair	16	61
Venice	Cloudy	8	46
Vienna	Cloudy	1	34
Warsaw	Sunny	-8	18

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Shadow minister Rosindell defects

Second Tory in days joins Reform

BY **ALLISTER HAGGER**

A SECOND top Tory defected to Reform last night, days after Robert Jenrick's departure.

Andrew Rosindell, MP for Romford, quit as a shadow minister to join Mr Jenrick in Nigel Farage's party.

It means Reform UK now has seven MPs and comes after embattled Tory leader Kemi Badenoch said she was "100% confident" no more of her Shadow Cabinet would leave for their rivals.

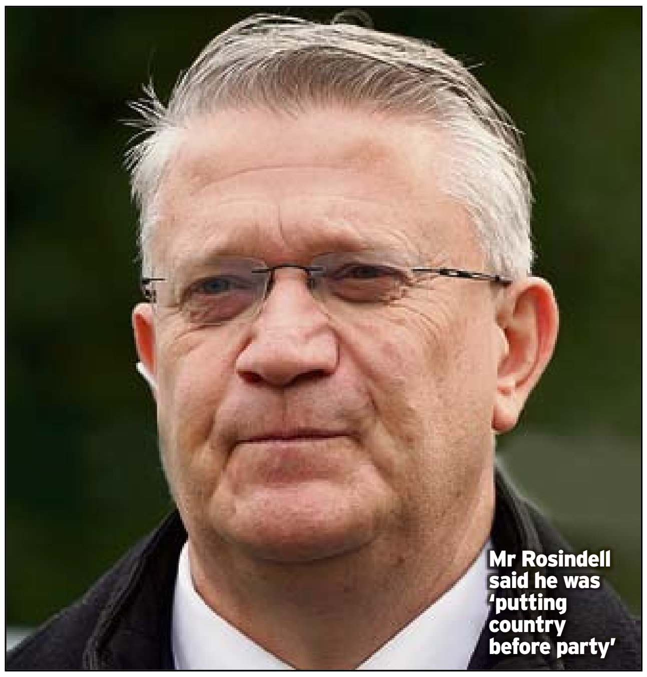
A Reform UK source called Mr Rosindell's defection "hugely embarrassing" for Ms Badenoch.

They said: "This isn't looking good for Kemi, she is really in the s***. There are more to come."

Announcing his decision, Mr Rosindell said: "The time has come to put country before party."

He said he believed the Tories were "irreparably bound to the mistakes of previous governments and unwilling to take meaningful accountability for the poor decisions" they made.

Mr Rosindell said he decided to quit his frontbench position as a shadow foreign office minister after a conversation with Mr Farage yesterday evening. He added: "It is clear to me that Reform UK is now the only political movement genuinely willing to fight for the best interests of the UK."



Mr Rosindell said he was 'putting country before party'

Mr Farage called him "a great patriot" who "will be a great addition to our team".

But a Conservative Party source said he threatened to defect for months but denied he was doing so until as recently as Saturday. Reform has set May 7 as a cut-off for admitting defectors. Mr Farage insisted his party was "not a rescue charity for every panicky Tory MP".

Mr Jenrick welcomed Mr Rosindell as "a true patriot and now Reform MP".

Labour chairwoman Anna Turley said: "The stench of a failed and dying Tory party now engulfs Reform."

Reeves: Less red tape will spur golden age for City

BY **ANNA WISE**

RACHEL Reeves will say cutting red tape for firms listing shares on London stock markets is "reinvigorating" the City, amid revival signs.

The Chancellor also set her hopes on the FTSE 100's standout year encouraging more Brits to get investing.

Her remarks coincide with new rules in the UK's capital markets.

The measures lower costs and will speed up businesses' efforts to secure investment.

Ms Reeves is expected to say today: "Two years ago, some said the City's best days were behind it. They were wrong.

"As the FTSE 100 reaches record highs and global firms once again choose London, we are seeing the first signs of a new golden age."

She will also say that simpler, faster prospectuses and a more competitive listings regime are "reinvigorating that spirit" of openness in the London markets.

Ms Reeves hopes to attract more retail investors to the markets following the FTSE 100 hitting the 10,000 mark this month, and after a stunning rise of 21.5% during 2025.

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OPINION **12** SUDOKU **24** STARS **33** TV **35** LETTERS **40** SPORT **43** **PLUS** PUZZLES PULLOUT

Polar bear cubs snuggle up for a snooze with mum but they soon wake her up, below

Bear with me while I chill...

BY **JAN DISLEY**

POLAR bear cubs make a furry blanket for their exhausted mum by snuggling up on top of her as she takes a nap.

But her much-needed rest doesn't last long before the energetic youngsters want to play.

Phillip Chang, 70, who snapped the scene in Churchill, Canada, said: "This mother polar bear was travelling with her three cubs, which were about three months old.

Exhausted

"They were taking a break during their journey to the sea, where the starving mother could hopefully catch a seal. The cubs were full of energy, while the mother appeared exhausted.

"After 11 days of searching and waiting in the extreme cold, I was thrilled to witness this moment and moved by the resilience of motherhood in such a harsh environment."

Morgan's hip replacement after fall

Piers Morgan shares the breaking news online

BY **JEREMY ARMSTRONG**

TV HOST Piers Morgan has had a full hip replacement after tripping on a step and falling at a restaurant.

The broadcaster and former Daily Mirror editor posed for a picture in his hospital bed and posted another image of the X-ray of his broken hip on Instagram yesterday.

Piers, 60, fractured the neck of his femur after tripping on a small step inside a London hotel. The damage was so severe that it required a full hip replacement and he is facing three months of restricted movement as he recovers from surgery.

Doctors are advising him against long-haul travel for at least 12 weeks. But he was in good spirits despite the ordeal. He wrote: "!! Breaking news !!

1. Tripped on a small step.
2. Inside a London hotel restaurant.
3. Fell like a sack of spuds.
4. Fractured neck of femur.
5. So badly I needed a new hip.
6. Recovering in hospital.
7. Crutches for 6 weeks.
8. No long-haul flying for 12 weeks.
9. New Year off to a cracking start!
10. I blame Donald Trump."

His showbiz pals and fans sent him wishes for a speedy recovery. ITV's Lorraine Kelly wrote: "You daft bugger – hope you are OK!"

Eamonn Holmes, who has mobility issues after back surgery, added: "Well, sincere sympathy, my friend, but I am the expert in this field, if you want advice or a visitor. Lucozade and Grapes?"

Former cricketer Monty Panesar told him: "Wishing you a quick recovery so you can celebrate Arsenal's success!"

When Piers was hospitalised in 2019 for gastritis and duodenitis, he blamed "vegan sausage rolls, Brexit" and again "Donald Trump". Gastritis is a stomach inflammation while duodenitis is swelling of the duodenum.

'Europe will NOT be blackmailed'

Protests in Denmark over Trump bid on Greenland; inset, Danish PM Mette Frederiksen

FROM PAGE ONE

underlined his support for Greenland's sovereignty. The Prime Minister will hold an emergency press conference this morning.

Yesterday the eight nations – the UK, Denmark, Norway, Sweden, Germany, France, the Netherlands and Finland – issued the most forceful rebuke of Mr Trump from European allies since he returned to the White House last year.

It said: "We stand in full solidarity with the Kingdom of Denmark and the people of Greenland. Building on the process begun last week, we stand ready to engage in a dialogue based on the principles of sovereignty and territorial integrity that we stand firmly behind.

"Tariff threats undermine transatlantic relations and risk a dangerous downward spiral.

"We will continue to stand united and coordinated in our response. We are committed to upholding our sovereignty."

Protesters took to the streets in Danish capital Copenhagen over the weekend in solidarity with Greenland, which is a territory of the Kingdom of Denmark.

Downing Street gave little detail on the PM's call with Mr Trump yesterday as Britain's special relationship with the US came under increased strain. A spokeswoman said Sir Keir had spoken to Danish PM Mette Frederiksen, European commission president Ursula von der Leyen and Nato secretary-general Mark Rutte, before speaking to the US leader.

EXPRESS VOTE

Should Keir Starmer stand up to President Trump over Greenland?

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She added: "In all his calls, the Prime Minister reiterated his position on Greenland. He said that security in the High North is a priority for all Nato allies in order to protect Euro-Atlantic interests.

"He also said that applying tariffs on allies for pursuing the collective security of Nato allies is wrong."

Ms Frederiksen also warned Mr Trump that "Europe will not be blackmailed".

Nato chief Mr Rutte said he had spoken with Mr Trump yesterday "regarding the security situation in Greenland and the Arctic".

Meanwhile US Treasury secretary Scott Bessent defended the bid for Greenland, saying: "President Trump strongly believes that we cannot outsource our security.

The PM told Trump his tariff threats were 'wrong'

"This fight for the Arctic is real. We would keep our Nato guarantees. And if there were an attack on Greenland from Russia, from some other area, we would get dragged in. So better now, peace through strength, make it part of the United States, and there will not be a conflict because the United States right now, we are the hottest country in the world.

"We are the strongest country in the world. Europeans project weakness. US projects strength."

Meanwhile the EU was considering hitting the US with £80billion in retaliatory tariffs, sources told the Financial Times. Limiting access to the bloc's market for US companies is another possibility, the report suggested. French president Emmanuel Macron is reportedly set to request the activation of the EU's anti-coercion instrument, which enables the bloc to respond to third countries that exert economic pressure on member states to influence their policy decisions.

Italian prime minister Giorgia Meloni revealed she had spoken to Mr Trump about the crisis yesterday, hinting the controversy could be partly blamed on poor communication.

Ms Meloni branded the tariff threat a "mistake", adding: "The prediction of an increase in tariffs against those nations that have chosen to contribute to Greenland's security is a mistake, and I don't agree with it.

"I think he was interested in listening, but it seems to me that from the American point of view, the message that was coming from this side of the Atlantic wasn't clear."

Collapse

The Kremlin's economic negotiator, Kirill Dmitriev, claimed the fallout marked the "collapse of the transatlantic union".

He added: "Europe and the

UK are powerless because they surrendered sovereignty."

Mr Trump said on Saturday that the UK will be charged a 10% tariff "on any and all goods" sent to the US from February 1, increased to 25% from June 1, until a deal is reached for Washington to purchase Greenland from Denmark.

He said countries were playing a "very dangerous game" by sending troops to the Atlantic island for exercises, and that it was "time for Denmark to give back". He added: "China and Russia want Greenland, and there is not a thing that Denmark can do about it."

But in their statement, the eight countries said: "As members of Nato, we are committed to strengthening Arctic security as a shared transatlantic interest. The pre-coordinated Danish exercise Arctic Endurance conducted with Allies responds to this necessity. It poses no threat to anyone."

Yesterday it emerged Germany has pulled its 14 soldiers back from Greenland without any announcement, according to Bild newspaper. The publication said it witnessed the soldiers leaving the country via Iceland yesterday, only 44 hours after arriving.

Danish troops disembark in Greenland yesterday as tensions increase

OPINION: PAGE 12

Richard Tice said Mr Trump 'got it wrong' on Sunday with Laura Kuenssberg

Reform: President 'completely wrong'

BY **MICHAEL KNOWLES**

DONALD Trump is "completely wrong" to threaten the UK with trade tariffs, Reform politicians have declared.

Facing questions over the party's position due to leader Nigel Farage's close friendship with the US president, senior figures condemned Mr Trump's latest diplomatic gambit.

Zia Yusuf, Reform's head of policy, warned 10% levies would "make it even harder for British manufacturers".

Friendship

Mr Farage's deputy, Richard Tice, added: "The president is completely wrong. I think we're all utterly united, here in the UK... but also across all other Nato allies.

"I think what the president is most concerned about is the risk of, particularly China, but also Russia, gaining an extra presence in and around Greenland; in the same way that he's concerned about the risk of China in Venezuela and I think that's what's primarily on his mind.

"He's correct on that, but the approach in terms of the way that you work with your closest allies, all of your Nato allies, is clearly completely wrong. We are close allies and the point about friendship is that you tell someone when they've got things right but you also tell them very clearly when they've got it wrong.

"On this, the president has got it wrong and the objective of protecting Greenland for all Nato allies is correct, the way he's going about it is totally wrong."

President Trump said on Saturday the UK will be charged a 10% tariff "on any and all goods" sent to the US from February 1.

That will rise to 25% from June 1, until a deal is reached for Washington to buy Greenland.

Mr Yusuf said Mr Farage had not spoken to Mr Trump about the tariffs. He added: "Look, it's not his place to do that. Keir Starmer is the Prime Minister.

"But we are crystal clear. We are gravely concerned about this. Bigger tariffs will make it even harder for British manufacturers, even harder for British workers.

"And President Trump has said that those tariffs will increase in a few months if the posture doesn't change over Greenland.

"So Nigel has been clear about our concern about this."

Food bills would rocket if relations break down

EXCLUSIVE

BY **ALEX EVANS**

FOOD prices will soar if Donald Trump follows through on his early threat to invade Greenland.

Experts say it would send shocks through world trade as international agreements and supply chains are thrown up in the air. Staple grains such as wheat, corn and rice are particularly vulnerable.

Greenland mainly exports seafood but this relatively small market is not the main concern.

Aled Jones, of the Global Sustainability Institute, said: "The wider destabilisation of international norms and legal frameworks could have a much bigger impact. A large amount of food is reliant on international agreements. Supply chains are very reliant on stable transport and infrastructure.

"The indirect impacts could be significant through the lack of trust in international norms."

David Swales, of the Agriculture and Horticulture Development Board, also said US exports may be replaced if Trump invades.

He said: "You would expect some sort of response from the EU or other countries. We might see stronger barriers going up.

"You might not be getting Jack Daniel's whiskey, you'll be buying Scottish whisky instead."

Key Starmer ally accused of reviving Labour's civil war with Streeting row

Wes Streeting blasted U-turns

Darren Jones, pictured with Sir Keir, has denied briefing against Mr Streeting

BY **MICHAEL KNOWLES**
Home Affairs Editor

ONE of Keir Starmer's key allies has been accused of needlessly reigniting Labour's civil war as No10 was again slammed over high-profile U-turns.

Chief secretary to the PM, Darren Jones, was blamed for anonymous briefing against health Secretary Wes Streeting.

A senior Cabinet minister urged warring Labour tribes to end the fighting, adding: "I wish they'd stop it."

Allies of Mr Streeting accused No10 of orchestrating a "needless and completely baffling" briefing war against him.

They claimed a rival faction was "hitting itself in the face with a frying pan" while Reform UK and the Tories "are tearing themselves apart".

Extraordinary

It comes after Mr Streeting criticised government U-turns. Mr Jones denied being behind the briefings.

One source said: "Darren thinks he is playing a clever game. These briefings are carefully calculated to damage Wes and the Prime Minister in order to advance his [Jones's] own leadership ambitions."

Conservative Party chairman Kevin Hollinrake said: "It is extraordinary that Darren Jones, one of the Prime Minister's closest and most trusted ministers, has been accused of briefing against a senior Cabinet colleague. This kind of infighting goes right to the heart of a government that is already losing control, having committed 13 U-turns and counting."

Asked if the Cabinet was a nest of vipers vying to replace Sir Keir, Culture Secretary Lisa Nandy told the Camilla Tominey Show on GB News: "Well, I don't agree with that. I mean, you wouldn't expect me to agree with that, but I won't lie to you. It is deeply, deeply frustrating.

"I'm frustrated by the noise. I'm frustrated by the people who go and talk about these things and brief against each other, or, you know, leak.

"I'm frustrated by those people, and I just wish they'd stop it."

Meanwhile, Labour are desperately trying to avoid another humiliating rebellion as Ms Nandy insisted the intelligence services won't be "exempt" from transparency rules.

The Culture Secretary admitted ministers are scrambling to strike a deal with MPs concerned the Hillsborough Law's "duty of candour" is being watered down. Greater Manchester mayor Andy Burnham urged the government to withdraw an amendment that "creates too broad an opt-out" for the security services.

Two rebel ministers 'would quit' rather than defend jury axe plan

BY **MICHAEL KNOWLES**

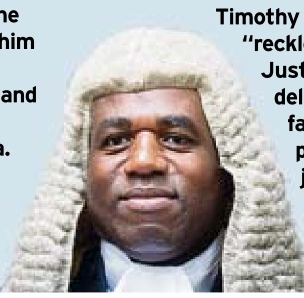
TWO Labour ministers are willing to quit over David Lammy's disastrous plan to axe jury trials, it is claimed.

Rebel MP Karl Turner said the pair pledged to resign if they cannot abstain. Mr Turner, an ex-Shadow Attorney General leading a fight against the plans, told The Telegraph they spoke to him separately after being quizzed by constituents and feeling "embarrassed" having to defend the idea.

Under Labour plans, half of jury trials will be axed. Some sexual assault, burglary, drug dealing and robbery cases will be heard by a single judge. Ministers claim case backlogs could rise to 100,000 by 2028 if nothing is done.

Shadow Justice Secretary Nick Timothy called the plan "reckless". The Ministry of Justice insisted: "Court delays play a crucial factor in discouraging people from seeking justice at all stages...

"That is why our crucial reforms will put victims first."



Justice Secretary Lammy

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Alcohol-free beers an option

Pubs taking £59m profit hit thanks to Dry January

BY **STIAN ALEXANDER**

DRY January will hit pub profits to the tune of £59million, experts say.

Each of the estimated 40,000 pubs in the UK will take around £1,475 less over the month.

Millennials and Gen Z were the most likely to ditch alcohol for January, with 43% of 2,000 polled saying they would abstain this month.

However just 12% of those over the age of 40 were taking part.

Researchers at insurance firm Simply Business said January can be a "stressful month for pub owners" but some responded with promotions on alcohol-free drinks.

Neil Gorman, the owner of Arrowz Lounge, Broxburn, Scotland, said: "January footfall is probably less than half a normal month, and even more so in comparison to December which, by contrast, is the busiest."

Simon Adler, 54, of Tonbridge, Kent, said: "It's a rarity to see anyone under the age of 30 come into the pub.

"When they do, they normally just order a Coke and stay for 10 minutes."

Eight dead in avalanches

BY **ALLISTER HAGGER**

EIGHT skiers were killed in three avalanches across Austria as unstable conditions continue to wreak havoc in the Alps.

A female skier was buried by snow in Bad Hofgastein on Saturday.

Some 90 minutes later, an avalanche in nearby Gastein Valley, south of Salzburg, swept away seven people. Four were killed, two seriously injured and one escaped.

In Pusterwald, central Austria, three Czech skiers died in an avalanche. Four of their companions were evacuated to safety.

Parts of Europe have been hit by heavy snow, bringing unstable conditions and high avalanche alert levels.

Clamour to save nurse facing sack for calling bearded paedophile Mr

EXCLUSIVE

BY **GILES SHELDRICK**
Chief Reporter

PRESSURE is building for the NHS to drop disciplinary action against a nurse suspended for calling a bearded paedophile patient "Mr".

Jennifer Melle faces the sack for breaching confidentiality after revealing she was racially abused by the man.

An internal inquiry found there was no evidence he had been identified.

Ms Melle's hearing – scheduled for tomorrow – comes as the health service is mired in controversy over its inability to accept biological sex.

A petition demanding she is reinstated by St Helier University Hospitals NHS Trust has almost 10,000 signatures.

Christian Ms Melle, 40, was suspended on April 2 last year after chronicling the onslaught she faced for indirectly referring to a male transgender paedophile as "Mr" in May 2024.

It is claimed she potentially breached the privacy of the 6ft convict who arrived at St Helier Hospital in Carshalton, Surrey, shackled to two guards from a men's prison. The patient, listed as male on medical records, was referred to as "Mr" and "he" while Ms Melle discussed his treatment for a urinary infection with a consultant.

The nurse told the prisoner: "Sorry I cannot refer to you as 'her' or 'she' as it's against my faith and Christian values but I can call you by your name."

Ms Melle claimed she faced a racially and religiously motivated assault during which he lunged at her and repeatedly called her a "n*****".

She was subsequently referred to the Nursing and Midwifery Council and could be struck off.

Her disciplinary hearing was due last month but was postponed by hospital bosses spooked by the outcry at their treatment of an NHS nurse with an unblemished record of 13 years.

Since then seven nurses have won a landmark legal battle against County Durham and Darlington NHS Trust which allowed a biological male trans woman to share their changing room and undress in front of them.

Earlier, Fife nurse Sandie Peggie was found to have been harassed after complaining about sharing a changing room with a transgender medic.

Miriam Phillip, who carried out the internal investigation into Ms Melle's case, said: "There is no evidence that Patient X was identified because of the disclosure."

Uganda-born Ms Melle said: "I was racially abused in my workplace, and instead of protecting me, the trust punished me. My Christian faith teaches me that sex is immutable. I should not be forced to deny that truth to keep my job. Nurses like me are left vulnerable while ideology trumps reality. This is discrimination."

Ms Melle has been supported by Claire Coutinho, shadow minister for women and equalities.

She said: "Our institutions have become so captured by radical trans ideology that Jennifer cannot be seen as the victim, despite the vile racist abuse she suffered."

On April 16 the Supreme Court unequivocally ruled that a woman was defined by biological sex under equality law. The Equality and Human Rights Commission passed a revised code of practice to the government on September 4. No decision has been made on whether it will be accepted.

Ms Melle's trust said it issued a written warning to the patient, adding: "Racial abuse of our staff is never acceptable, nor is discussing a patient's private medical information publicly."

OPINION: PAGE 12

Nurse Ms Melle with supporter Claire Coutinho

'Nurses like me are left vulnerable while ideology trumps reality'

Christian Jennifer Melle was racially abused by the patient

COMMENT

CLAIRE COUTINHO

Shadow Minister for Women and Equalities

NURSE Jennifer Melle has dedicated 13 years to caring for her patients.

But two years ago she became the subject of a complaint that now threatens her livelihood.

When discussing medical needs with a doctor, she referred to a trans-identifying male patient as "Mr".

You may think, "So what?" - it was a clinical conversation between medical professionals.

But the patient, a convicted paedophile, launched into a horrific tirade of racial abuse and made physical threats to Jennifer.

Most people would recognise that moment for what it was: a nurse facing aggression while carrying out her duties.

Yet Jennifer is the one who has been investigated, disciplined and repeatedly dragged through hearings by the NHS. She has been sanctioned by her employer and is still subject to multiple investigations. Tomorrow, she will face yet another disciplinary hearing where she has been warned she could lose her job.

Jennifer's story is heartbreaking and infuriating. It is beyond doubt the NHS, like so many of our country's institutions, has been captured by radical gender ideology that puts the hurt feelings of trans people above the rights and safety of women.

Nurses must be able to speak accurately about the human body and they must be able to do so without harassment or threats. That is not only the correct moral position, it is also the law. But too often they can't. We have seen it in Scotland with Sandie Peggie and, of course, in Darlington where those brave nurses finally got the vindication they deserve. But the NHS should never have dragged them over the coals in the first place.

Through all of this the Express has played a vital role in bringing these cases and so many others to the public's attention.

Tomorrow, Epsom and St Helier NHS Trust have a choice. They can double down on their witch-hunt and sack Jennifer, or they can accept that they are punishing an innocent woman who wants nothing more than to return to the job she loves.

The political witch-hunts of hardworking nurses must end now.

We can still stop this. Sign our petition at www.savejennifer.com

Man held in murder probe

A MAN is being held on suspicion of murder after a woman was injured in the street.

Police were called to Thorpe St Andrew, Norwich, on Saturday.

A woman in her 40s was declared dead at the scene. A man in his 60s was arrested early yesterday.

Det Sgt Stacey Murray appealed for information, and said: "We believe this to be an incident in which both parties were known to each other."

Eugenie 'cuts all ties with her father'

Andrew with Eugenie before relations soured

'Epstein row is cause of rift'

BY **LAUREN WELCH** Royal Reporter

PRINCESS Eugenie has cut all ties with her dad Andrew Mountbatten-Windsor, according to reports.

It is claimed that she has grown frustrated with her father, 65, over his connections to the late sex criminal Jeffrey Epstein.

Eugenie, 35, is said to have taken a dim view of her father's decision not to apologise to Epstein's victims – especially as her co-founded company, The Anti-Slavery Collective, aims to tackle sex trafficking.

After her father was stripped of his royal titles in October, Eugenie appeared to side with the Royal Family by attending festive celebrations at Sandringham with her husband Jack Brooksbank last month.

Cut off

With Princess Beatrice and her husband Edoardo Mapelli-Mozzi also in attendance, the royal sisters' joint appearance was reportedly heavily supported by both Andrew and their mother, Sarah Ferguson.

Speaking of Eugenie, an insider has likened her decision to that of the ongoing reports of no contact between David and Victoria Beckham and their eldest son, Brooklyn.

A source told the Mail on Sunday: "There is no contact [between Eugenie and Andrew] at all. It's Brooklyn Beckham level – she has completely cut him off." Eugenie's younger sister Beatrice – a mum to two young daughters – is still on speaking terms with their dad.

The insider has claimed that their contact is, however, not regular but she is also determined to keep up with her reputation as a member of the Royal Family.

The King, 77, extended the invite to his nieces to spend Christmas in Norfolk and is said to be extremely fond of both Eugenie and Beatrice.

The source added: "Beatrice is trying to walk the fine line of not cutting her father off and yet remaining close with the Royal Family.

"They aren't exactly in regular and close contact at the moment, but Eugenie isn't trying to walk that line. She's not speaking to him."

Royal expert Richard Fitzwilliams told the Express reports of estrangement between Eugenie and Andrew would mark a major shift for the once close-knit former York family.

The royal expert said: "The York brand has been toxic for years, but the family have, until now, had the reputation of being close knit.

"The report that Princess Eugenie is now estranged from her father is a seismic change."

ROYAL OUTCASTS URGED TO HEAD ABROAD

BY **LAUREN WELCH**

ANDREW Mountbatten-Windsor and Sarah Ferguson have been urged to move abroad ahead of their pending eviction.

The former couple, who have lived together at Royal Lodge, Windsor, since 2008, will move out of the 30-room mansion next month – likely before Andrew's 66th birthday on February 19.

Andrew will reportedly make Sandringham his home. Sources say his final base may be five-bedroom Marsh Farm. But royal expert Richard Fitzwilliams believes Andrew and Sarah should consider abandoning the UK completely. He says a move abroad would benefit their daughters, amid reports of a rift between Andrew and Princess Eugenie.

Mr Fitzwilliams added: "Andrew is soon leaving Royal Lodge. He may go abroad. So may Sarah Ferguson. It would probably be best for Beatrice and Eugenie if they did, so they could exist in a more positive environment and be seen to be totally separate from them."

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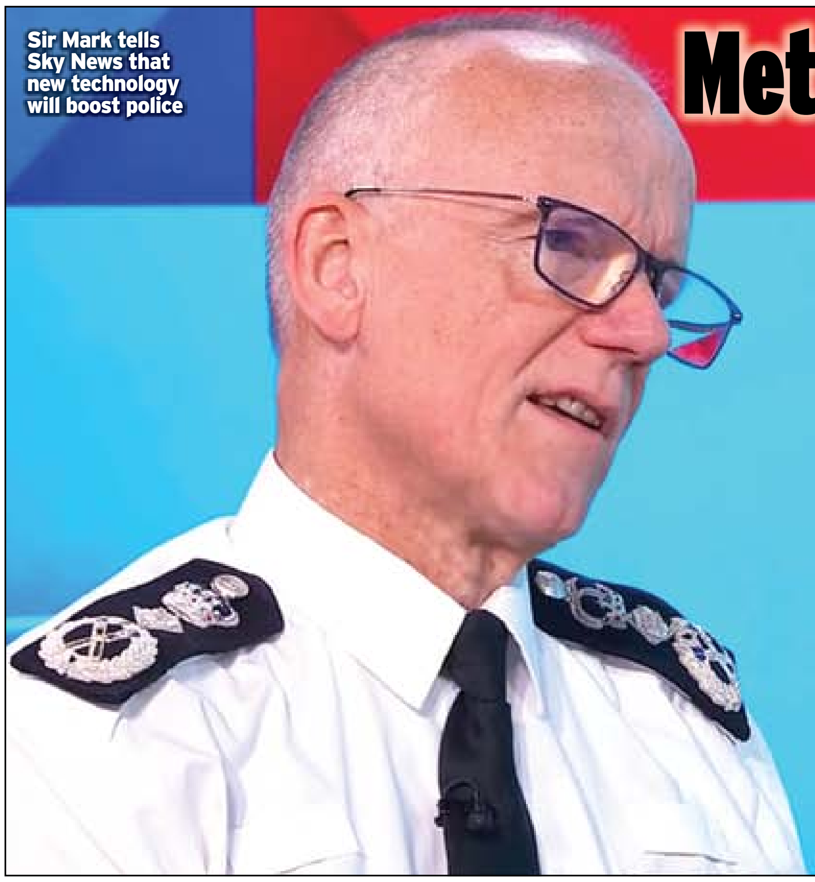
MURDERS DROP BUT THEFTS ON RISE



Sir Mark tells Sky News that new technology will boost police

Met chief calls for radical reform

BY **DAVE CLARK**

MET Commissioner Sir Mark Rowley has demanded a merger of forces and investment in technology to modernise policing and boost local crime fighting.

Sir Mark said: "The current policing model is a tweaked and bastardised version of what was designed in a 1962 royal commission.

"It is so out of date for the challenges today. A unique thing about where we are today, police leaders across the system were all of a common mindset that the system needs to change quite dramatically.

Resources

"We're prepared to be the turkeys who vote for Christmas in terms of fewer police forces.

"People will immediately say, 'This is going to damage local policing' – quite the opposite.

"If you've got an overly bureaucratic, complicated, convoluted sort of spaghetti system, all of that complexity sucks resources away from the locals. If we sort out all the national arrangements, our ability to counter national and international threats improves."

Talking on Sky News about England and Wales' 43 forces, he said: "We're never going to get the money that we would ideally need.

"The way we can succeed for the public is going to come through big investment in technology and technology-led reform.

"All of that is much easier to do on a better structure than this 43 forces. That would be pretty dramatic root and branch reform.

"That's exactly what I'm arguing for. And it's difficult, it won't be a straightforward path, but it is overdue."

He spoke after it was revealed the number of homicides recorded in London dropped to its lowest level in 11 years. There were 97 in 2025, down 11% from 109 in 2024.

The Met says last year London had the lowest homicide rate per capita on record, 1.1 per 100,000. New York's was 2.8, Berlin 3.2 and Paris 1.6. Sir Mark said: "We're taking more weapons off the streets. We're putting more organised criminals in prison."

EXCLUSIVE

BY **PAUL JEEVES** Crime Editor

Surge in shoplifting and street crime hit confidence in police

CONFIDENCE in policing is being eroded by a surge in "everyday crime" such as shoplifting and phone thefts, despite Labour boasts of a decline in serious cases such as murder.

Frontline policy adviser Ryan Wain warns that while forces deserve credit for tackling serious violence, the "lived reality" for millions of British citizens is one of rising insecurity on the streets.

Despite the progress on violent incidents, theft offences have rocketed 13%, driven largely by shoplifting, which has hit its highest level since records began in 2003.

The Express Stop The Shoplifters crusade is demanding tougher action to slam the brakes on a crime that is decimating high streets, costing the country billions every year and forcing up retail prices.

Shoplifting has become an epidemic

Meanwhile, analysis of figures highlights alarming statistics on street theft.

Two in every five mobile phone thefts in Europe are carried out in the UK. One in six snatched in Europe is stolen in London alone.

Mr Wain, the Tony Blair Institute's senior director of policy and politics, argues that while the latest homicide figures set out by London mayor Sadiq Khan last week are welcome, he says the statistics do not tell the whole story.

For millions of people, they do not match daily experiences, he warned. "When crime is ignored or goes unpunished, it doesn't just dent confidence in policing, it chips away at trust in government itself," added Mr Wain.

"People judge whether the state is working by what happens on their street, not by national averages." Technology is seen as a crucial tool for turning the tide, with the Met Police leading the way with its rapid adoption of facial recognition, allowing officers to identify offenders who might otherwise pass unnoticed.

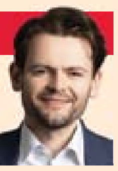
In the past two years, the force has used facial recognition to secure some 1,300 arrests.

But Mr Wain warns that criminals are rapidly adopting technology themselves and now use encrypted messaging and online marketplaces to move stolen goods while many police forces remain "analogue". He believes a "whole-of-country" effort is needed and that successful tools like facial recognition should not be limited to pockets of London but should be rolled out to every police force, backed by transparency and accountability.

He said: "Success against the worst crimes doesn't cancel out failure against everyday ones. If we want people to feel safer... the next phase has to be about delivery."

EXPRESS CRUSADE
STOP THE SHOPLIFTERS

COMMENT



RYAN WAIN

Tony Blair Institute's Senior Director of Policy and Politics

LATEST homicide figures for London are welcome. Any fall in the most serious violence is good news. Police deserve credit for their work in tackling the worst crimes on our streets.

No one should talk down progress when lives are being saved.

But different crime statistics serve different purposes – and for millions of people, daily experience is shaped less by national homicide figures and more by crimes they see and feel every day.

Phone theft. Shoplifting. Antisocial behaviour. Crimes that might not always grab headlines, but leave people feeling unsafe, fed up and ignored.

Ask commuters who won't take their phones out on the street. Ask shop-workers dealing with brazen theft and threat of violence in broad daylight.

Ask pensioners who feel trapped in their homes after dark. For them, crime isn't a chart going down, it's a problem that feels stubbornly stuck. Public confidence in policing doesn't rise because of a press release. It rises when people see order being enforced, rules being upheld, and problems dealt with quickly and visibly.

Progress

There are reasons for optimism. One of them is technology. Facial recognition, in particular, is already delivering real results.

London shows both sides of the challenge: the scale of everyday crime pressure and what's possible when tech is used well. But policing can't succeed through pockets of progress – crime doesn't stop at the M25, and neither should the tools used to tackle it.

Modernising policing isn't a "nice to have". It's a test of whether government can still perform one of its most basic functions: enforcing the law and protecting the public.

If something is proven to work, then every police force should have access to it, backed by transparency, accountability and public trust.

So yes, let's absolutely welcome falling homicide figures. But let's also be honest: success against the worst crimes doesn't cancel out failure against everyday ones.

If we want people to feel safer – not just read that they should – the next phase must be about delivery. Making sure progress on daily crime shows up not just in stats, but on the streets.

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Chip wreck as thousands wash ashore

BY **NEIL HYDE**

TENS of thousands of chips have washed up on a South Coast beach.

The bags of uncooked chips appeared as the tide receded near Eastbourne, East Sussex.

It is believed they were being transported in huge containers which washed overboard in the English Channel during a recent storm.

Joel Bonnici, who lives in the area, told the BBC he "had to look twice" when he spotted the chips at Falling Sands, close to Beachy Head, during a Saturday walk.

"The beach looked like the Caribbean golden sands," he said.

"In some areas the chips were two-and-a-half feet deep into the ground. Among the unusual sightings of washed up items – including onions earlier this week – nothing compares with this."

A Facebook page is asking for volunteers to help with the clean-up.

Mr Bonnici said there is a small colony of seals living nearby and added: "Removing the plastic bags is a priority."

Snakes and ladders good for children

BY **STEPHEN BEECH**

BOARD games like snakes and ladders boost youngsters' maths skills, researchers found.

The under-eights learn to count, recognise numbers and understand quantities as they move pieces along.

Experts at the University of Oregon, US, reviewed 18 studies and concluded just 10 minutes of playing linear games helps.

Professor Gena Nelson said: "Early math skills are a powerful predictor of children's later success in school, and number board games are easy to use and affordable.

"This review shows that brief play sessions with linear-number board games can meaningfully improve foundational early math skills." The analysis said there was a 76% chance it will boost numeracy.

The team say the findings, which appear in the Review of Educational Research journal, should help parents and teachers.

They now plan to study board games for children with disabilities.

Cash makes a comeback for millions on a budget

Some 41% of survey respondents expected to use more cash in 2026

EXCLUSIVE

BY **AARON NEWBURY**

CASH is making a comeback as millions of Britons turn to notes and coins to help them budget through the cost-of-living crisis.

Up to 1.5 million people now rely on physical currency as their main method of paying for goods.

Neil Martin, UK managing director of NCR Atleos, Britain's biggest ATM network, said that cash remains "a really important part of the fabric of the UK".

His company operates 16,000 cash machines across the country, dispensing around £29billion of the £76.7bn withdrawn last year.

Mr Martin revealed a startling shift in attitudes followed Rachel Reeves's Autumn Budget.

He said: "We asked a question after the Budget – do our customers think they'll use more cash as a result of the Budget? 520,000 people responded to on-screen questions, and 41% of them expected to use more cash in 2026."

The startling figures paint a picture of a nation increasingly squeezed by rising costs, with cash emerging as a vital budgeting tool for families struggling to make ends meet.

Mr Martin said: "There's about 1.5 million people that rely on cash as their primary mechanism for paying for goods."

The scale of cash usage remains high, with around five to six million adults using hard currency every single day, while nearly 33 million people say they use it weekly.

Mr Martin added: "So what we're seeing is that cash is still a really important part of the fabric of the UK, and how people transact."

But the surge in demand is being driven by tightening purse strings, not nostalgia.

He said: "I think a lot of it comes down to probably affordability and cash as a budgeting tool. Increasingly, people are feeling that squeeze." Younger generations are also returning to cash – defying predictions that digital payments would dominate.

Mr Martin revealed: "There's been some interesting dynamics around cash usage in younger generations.

'About 1.5 million people rely on cash as their primary mechanism for paying for goods'

"We are actually seeing cash usage in that younger generation [go up]. I think that's back to cash as a budgeting tool."

The growing reliance on cash comes as bank branches continue to close and ATMs disappear from high streets.

Mr Martin said: "Increasingly, the banks are looking at how they continue to serve, particularly because cash access has predominantly been focused on the rural community. How do we ensure there's not cash deserts, how do we serve those rural populations?"

He stressed the importance of maintaining access, adding: "How do we as a market, as a society, provide for those that still rely on cash, still use cash."

Cash also remains crucial for resilience when digital systems fail – a point driven home by recent power outages across Europe and banking system failures.

Mr Martin said: "I mentioned cash resilience, and I think that's really important and we see that because we all have examples in our own life of where we've turned up to somewhere, and, you know, the point-of-sale terminal might be down and it's a cash-only type of requirement."

He added: "The need for cash access, and the protection of cash is super important."

Which? names our worst energy suppliers

BY **JOSIE CLARKE**

SCOTTISH Power, EDF and British Gas have been named the worst energy suppliers in an annual ranking by Which?.

All three firms received overall scores of less than 60% as well as just two stars in the consumer group's customer survey.

Scottish Power received the lowest overall score of 56%, winning fewer points than any other provider when it came to its handling of complaints.

EDF came second to last with 58%, largely because its phone lines and customer service email accounts are not monitored for as long as other providers.

British Gas came third from bottom on 59%, with Which? finding it offered a "good amount" of support but struggled with resolving complaints and switching customers.

E (Gas and Electricity) received the highest overall score of 79%, receiving four stars for customer service, ease of contacting it and the clarity of its statements.

Nearly nine in 10 E customers (86%) said they would recommend the provider.

Octopus Energy came second with a score of 74%, followed by 100Green and Sainsbury's Energy on 72% and 71% respectively.

Co-op Energy and Outfox Energy received the same overall score as Sainsbury's Energy but did not score three stars or higher in every category of the customer survey.

Which? surveyed almost 12,000 energy customers in September and October for its annual survey. It also carried out an in-depth assessment of 17 energy firms' behind-the-scenes practices and policies.

Which? Energy editor Emily Seymour said: "With fixed tariffs now reliably cheaper than the energy price cap, there is no need for customers to put up with poor value for money or shoddy customer service. Anyone who is unhappy with their provider should move to a supplier with a cheaper fixed tariff and better customer service."

British Gas owner Centrica said: "Our investment in customer service is delivering results. Complaints have fallen over 20% each year for the past two years."

It also highlighted efforts to extend its call centre opening hours and launch a dedicated line for vulnerable customers.

EDF said it is "committed to continuing to improve the service we provide to our customers".

Scottish Power pointed to the "gold standard" Citizens Advice scorecard, which it said "shows sustained, high-quality delivery for our customers, reflecting the huge investments we've made improving and enhancing our service".

DAILY EXPRESS

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Starmer is a no-mark trapped in no man's land

NOT for the first time, political lightweight Sir Keir Starmer finds himself facing in two directions at once.

After gloating he had won a trade deal that slashed US export tariffs in a boost to Britain, he is now facing the wrath of Donald Trump.

The US president has declared economic war on Nato and promised to unleash punishing taxes on the UK and seven other nations over support for Greenland.

Sir Keir promised to send British troops to the Arctic in response to Mr Trump's tub-thumping rhetoric about grabbing the Danish territory, while committing to sending UK armed forces into Ukraine as part of a Coalition of the Willing peacekeeping force.

In trying to cuddle up to Europe and America at the same time the Prime Minister has found himself trapped in diplomatic no man's land.

The transatlantic Special Relationship that Britain has enjoyed since the Second World War now looks like ending in an acrimonious split.

In two weeks' time countries opposing an American takeover of Greenland – including Britain – will have a 10% tariff slapped on all goods imported by the US. This will rise to a suffocating 25% on June 1.

What we need, now more than ever, is a Prime Minister with gravitas and clout, an experienced statesman with a deft touch to rein in Trump who is increasingly meddling in affairs out of his jurisdiction. Sir Keir is not that man.

This most unedifying spectacle serves no useful purpose and will be music to the ears of Vladimir Putin and his Kremlin henchmen who will be rubbing their hands in glee.

Woke NHS must wake up

IF one case encapsulates the nonsense permeating the NHS, it is that of Jennifer Melle, the nurse and committed Christian who represents the very best of Britain.

Tomorrow she faces being forced out of the job she loves for speaking about the torrent of aggressive racial abuse thrown at her by a bearded sex offender taken in handcuffs from a high-security prison to St Helier Hospital in Carshalton, Surrey, for treatment.

Her crime? She "misgendered" the convicted criminal patient by using male pronouns.

This individual was not identified, and certainly did not suffer abuse the like of which was aimed at the woman treating the offender.

But that hardly matters in the maddening world of the politically correct public sector.

Now she faces losing her livelihood as Epsom and St Helier Hospitals NHS Trust places the rights of a trans-identifying sex offender above the unblemished record of a dedicated medic.

Is it any wonder faith in the NHS is at rock bottom?

Pub with a cross to bear

FOR almost a decade patriotic punters drinking at The Moonrakers Inn in Pewsey, Wiltshire, haven't batted an eyelid at the St George's cross mural on the outside of the whitewashed 17th-century pub.

But after a complaint an army of council jobsworths have pounced and told landlord Jerry Kunkler he needs planning permission for his paint job.

The lack of common sense or any semblance of perspective is enough to drive anyone to drink.

Waterworks so dire we must consider renationalisation

South East Water boss David Hinton is quizzed by MPs

Duncan Barkes

Guest columnist

WATER bosses in the UK still don't get it, do they? Despite earning vast sums of money that most of us can only dream of, many of them seem unable to demonstrate they truly understand the frustration we feel with rising bills or a failure to reconnect supplies in a timely manner.

There is a good reason why those that run our water companies are on a good whack and that is because it is one of the most thankless jobs going, but they chose it. Imagine going in to bat for Thames Water and attempting to justify payouts to shareholders despite customers enduring rising bills?

Those on the receiving end of those bill increases are simply not interested in the numerous challenges facing this water company or others. They just see bills rocketing and poor service, while shareholders continue to pocket payments.

Spare a thought for the customers of South East Water who last week had to put up with another crisis at the hands of their water supplier. Tens of thousands of homes were left without water for several days across Kent and Sussex.

A major incident was declared by local authorities as schools were closed and local businesses suffered.

The water company cited Storm Goretti as the cause of the situation which saw power cuts in the area and burst pipes.

THIS latest crisis followed an incident in December that was described as a "water quality issue" that saw over 20,000 people go without drinkable water in Kent for almost two weeks. All this against a backdrop of the company awarding payment dividends to shareholders while continuing to rack up debts.

David Hinton, chief executive of South East Water, has not only faced harsh criticism over the handling of these recent incidents, but also calls for him to resign.

When grilled by MPs in the House of Commons earlier this month about the ongoing issues, he bizarrely suggested it was down to the increase in the number of people working from home which put an additional strain on the system.

It is hard to see how he can continue to remain in his position after overseeing a catalogue of failures over the last few years. Part of Mr Hinton's problem is that he seems defensive at times when questioned about the actions of this company. He also appears to have adopted a bunker mentality which is not helpful in the eyes of the public.

Mr Hinton should try to remember that hard as it might be, being seen out and about and personally interacting with the public who are suffering from a lack of water would do him and his company the world of good. It is the least his customers deserve, given his £400,000 a year salary and bonus last year of £115,000.

Industry regulator Ofwat has finally launched an inquiry into the handling of the latest crisis facing South East Water and about time too. Their findings may well determine the future career direction of David Hinton. It is difficult to see what the long term solution is when it comes to water companies in the UK.

Last year, the government introduced The Water (Special Measures) Act which gives regulators new powers to take tougher and faster action to crack down on water companies damaging the environment and failing their customers.

This legislation also increases the ability of the Environment Agency to bring forward criminal charges against water executives who break the law and created new, tougher penalties – including possible imprisonment – for water executives who obstruct investigations.

IT also allows the regulator to ban the payment of bonuses to water bosses if they fail to meet high standards to protect the environment, their consumers, and their company's finances.

Southern Water, my local water company, is being impressively proactive when it comes to meeting its obligations under the new legislation. They have embraced the introduction of customer panels and meet with them every three months and use local commercial radio adverts as a way of informing residents of their plans.

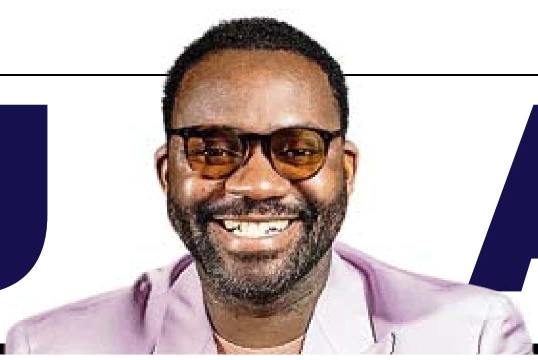
But is all this too little, too late? As another crisis hits the headlines regarding a privately owned water company, the calls to return companies to public ownership just get louder.

The water companies will tell you that this will cost customers and taxpayers billions of pounds. As someone who grew up in the 1980s when privatisation of public services was rife, I am a natural supporter of the concept.

But given the current state of play, I find it increasingly impossible to argue that privatisation of our water utilities has benefitted customers. The time has come to seriously reconsider renationalisation.

'He suggested it was down to people working from home'

JJ Anisiobi



THIS IS HOW I SEE IT

Time to slam brakes on killer boy racers

I READ the kind of story last week that makes your stomach lurch. Four people killed in a head-on collision in Bolton. Three were teenage boys. One was an innocent taxi driver, Masrob Ali, 54, *inset*.

Footage later emerged of a car travelling at 122mph 24 hours earlier. The vehicle was "souped up" to double its horsepower.

Lives over in an instant. Families shattered forever.

We must stop pretending this is just "tragic" and start admitting it's entirely predictable.

Young male drivers are a danger to themselves and everyone else on the road. That's not prejudice, it's reality backed by stats. Young men are grotesquely over-represented in serious and fatal road collisions, accounting for 75%-80% of young driver deaths.

So I'm calling for a ban on young male drivers carrying passengers under the age of 26. Why 26? Because car hire firms, who price risk for a living, reckon it's the age at which they can be trusted with larger vehicles.

Remove the audience and you remove the performance. No mates egging you on. No need to prove you're the fastest, bravest, stupidest bloke behind the wheel.

And while we're at it, enforce black boxes in all cars driven by under-26s. Insurance companies already know this works.

This isn't about punishing young men. It's about stopping them from dying and from killing others.

Tory cast-offs not what Reform need

ROBERT Jenrick and Nadhim Zahawi, *inset*, were certainly big players in the Tories and have some great experience in government that would be more than useful for Reform UK if they were to win the next general election.

However, what is abundantly clear is Nigel Farage has not read the room on this one. Or maybe he has and simply doesn't care what many of his supporters feel. The Reform leader cannot slam the Tories and also accept defectors from them. At what point will he concede Reform is becoming Conservatives 2.0?

Welcome to Britain, offend at your leisure

THERE is a strange new industry thriving in modern Britain: explaining away the obvious. Nowhere is this more apparent than in the national gymnastics routine performed every time the subject of foreign nationals committing crime is raised.

Cue the caveats, the context, the throat-clearing, the urgent insistence that noticing a problem is somehow worse than the problem itself.

So let's start with the facts. New research from the Centre for Migration Control shows that in 2024/25 there were 172,889 arrests of foreign nationals recorded by police forces across England and Wales.

That's 473 arrests a day, nearly 20 an hour, or one arrest every 183 seconds. By the time you've finished reading this column, someone else will have been nicked.

Now, before the usual suspects hyperventilate, no one serious is pretending statistics exist without nuance. But here's the uncomfortable truth Westminster refuses to say out loud: Britain has created a system where foreign nationals who commit crimes often appear to enjoy more protection than the people they harm.

In most countries, the equation is brutally simple. You come here. You break our laws. You go to prison. And when you're done, you leave. Permanently. No activist judges. No taxpayer-funded legal marathons arguing that deportation would be "disruptive".

BRITAIN, meanwhile, has perfected the art of paralysis. Endless appeals and human rights claims stretching credulity to breaking point. Lawyers combing through paperwork like archaeologists, desperate to uncover a technicality that keeps their client exactly where they are – on British soil, often at public expense.

I can offer a personal reality check. My wife is American. When I go to the US, I am a guest in someone else's home. If I broke the law over there, I wouldn't be ushered into a cosy legal maze designed to protect my feelings. I would be jailed, deported and banned from re-entering. End of discussion. And do you know what? No one calls that xenophobia. They call it sovereignty. It was the same when I lived in the Middle East for four years – I saw many Britons deported for breaking very clear laws.

Yet in Britain, suggesting the same approach prompts accusations of bigotry. This is nonsense. It is not anti-immigrant to expect basic standards of behaviour. It is not racist to say that citizenship and residency come with responsibilities. And it is not "far-Right" to believe that victims matter more than offenders' legal loopholes.

A country that cannot enforce its laws against non-citizens is a country quietly signalling that the rules are optional.

That is corrosive and it undermines trust. And it leaves law-abiding migrants, the overwhelming majority, paying the reputational price for political cowardice.

Sorry... Hamnet's bard news for me

THERE'S no denying Hamnet is already being whispered about in Oscars circles. Jessie Buckley is, quite rightly, drowning in praise, while Paul Mescal continues his quiet march towards greatness.

By all accounts, it's a beautifully made film – tender, literary, devastating and inspired by the death of Shakespeare's son and the grief that may have shaped Hamlet.

But here's my honest truth: I won't watch it.

Not because it won't be good. Not because it won't be important. But because I'm a parent.

And once you become one, certain stories stop being "films" and start becoming unbearable thought experiments.

A movie centred on the loss of a child isn't something I can intellectualise or sit through stoically.

Even seeing that grief played out on screen drags my mind to places that it has no business in going.

GAZANS HAVE SUFFERED ENOUGH... WITHOUT STARMER LENDING A LIMP HAND

KEIR Starmer can barely keep a grip on the UK, so the question must be asked: why on earth does he think he's qualified to sit on Donald Trump's shiny new Board of Peace to help run Gaza after October's ceasefire?

Britain ain't in a good place. Morale is on the floor. Public services are creaking, taxes are high and millions feel poorer, angrier and increasingly ignored. This is a country crying out for leadership, clarity and focus... all things that Starmer's government appears to be rationing.

Yet instead of fixing the mess at home, the Prime Minister seems keener to audition for a starring role on the world stage. It's a curious instinct from a man who struggles to inspire confidence a few miles from Westminster, let alone thousands of miles away in one of the most volatile regions on earth.

Gaza has suffered enough. The last thing its people need is Britain exporting managerial blandness. Starmer should sort out Britain first before inflicting himself on anyone else.

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Hugh as Mr Brown in 2014 film Paddington

Hugh and new love Heidi at New York premiere of Downton Abbey: The Grand Finale

BY **NICOLA METHVEN**

HUGH Bonneville says he is happy to have started a new chapter in his life at the age of 62, even though it was partly begun by a series of tragedies.

The actor, best known for his roles as the Earl of Grantham in Downton Abbey and Mr Brown in the Paddington movies, split from wife Lulu Williams two years ago, after 25 years of marriage and a son together.

The news was reportedly a shock to Lulu, who had supported him throughout his acting career.

Looking back over the past decade, Hugh hints that losing his mother, brother and father within a few years of each other rocked him harder than many might have realised.

He said: "In terms of my outlook on life, having lost three significant members of my family, it's made me more fatalistic." Hugh's mother, Patricia, died suddenly in 2014 – not long after he discovered that she worked for MI6.

Peaceful

"The admin of the funeral and everything numbed the grief for a while. I didn't read any of the letters of commiseration or condolence we received until a year later, when I took them all with me to India.

"I was doing a film but had one weekend off, so I went on my own to this incredibly peaceful, quiet hotel in the middle of nowhere and read all the letters and absolutely let it all out.

"All the emotion. That was a very cathartic thing."

There was further shock when his brother Nigel died in his sleep in 2017. Hugh and his sister had to explain this to their father, who was by then in his 90s and suffering from dementia.

Hugh said: "My sister flew back from Hong Kong. Dad was playing the piano when we arrived, but he said: 'I'm glad you're here. I need to talk to you. I haven't got any money. What am I going to do? Is this apartment worth anything?'

"I said: 'Dad, it's OK. All the bills are taken care of. We've got something to tell you, Nigel, your son, passed away two days ago.' Dad said: 'Oh, poor chap. Now, his flat was probably worth a few bob, wasn't it?'

"It was so funny and dark and weird, you could sort of see the way his mind was going."

Then Hugh's father died in 2020, the third of a trilogy of tragedies.

Downton Abbey role alongside Elizabeth McGovern

DOWNTON STAR FINDS LOVE

‘I do feel blessed and content to have started a new chapter’

Hugh and former wife Lulu in 2019

Hugh Bonneville on the family tragedies that led to fresh joy

And it was only a few years later that Lulu was being comforted by friends in a pub near the home she, Hugh and son Felix, now 22, shared in Midhurst, West Sussex.

Relationship

Hugh, who moved into a bachelor pad in London’s Soho, was soon spotted out on dates and a few months later had started a serious relationship with vegan influencer – and former teacher – Heidi Kadlecova.

She has accompanied him to high-profile events including the red-carpet premiere of Downton Abbey: The Grand Finale in New York, September last year.

And now, in an interview with Saga magazine, Hugh says he fully appreciates his own good fortune.

He said: “I do feel very blessed and very content to have started a new chapter.”

On the effect of a turbulent few years, and his career, he added: “I am more accepting of the wheel of life and how fortunate I have been to have, on the whole, good health and to do something I love.”

Hugh is about to star in a West End production of Shadowlands, which fittingly deals with later-life love and loss. In the play, which opens next month, he portrays author CS Lewis – the role made famous by Anthony Hopkins in the 1993 movie version. He appears at the Aldwych Theatre in London’s West End from February 5, alongside Mad Men star Maggie Siff as American poet Joy Davidman.

Looking to the future, Hugh says he has no plans to return to Downton Abbey as Lord Grantham, opposite Elizabeth McGovern as Cora, Countess of Grantham.

Asked about a possible future for the show written by Julian Fellowes, he replied: “I wouldn’t be surprised if they make some sort of spin-off, but no. Our company has left the building.”

Springboard

But he will miss the show, as he said: “As we came towards the end of filming, I would take a look around each set – let’s say the library – for the last time, so that I would be able to remember.”

The ITV drama became a global hit after it launched in 2010, running for six series and spawning three films. Hugh credits it with being a career springboard, helping him land the role of Mr Brown alongside a certain bear in 2014, plus two sequels.

But he says that any further Paddington movies would need to have a new actor in the role of Mr Brown.

He said: “I’ve loved it, but I’m getting on a bit. It’s a younger man’s job, but you can get other actors in and it will work just as well, because it’s all about the bear.”

● *The February issue of Saga Magazine is on sale now.*

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Kapustin Yar missile launch

Kyiv drone strike hits hypersonic missile site

BY **WILL STEWART**

UKRAINIAN drones have blitzed Vladimir Putin's top-secret super-weapon test hub, military sources say.

It comes amid fears the Russian dictator is poised to launch a "genocidal" assault on nuclear reactors in Ukraine, using "unstoppable" Oreshnik hypersonic missiles.

Kyiv's pre-emptive strike was aimed at disrupting launches of the 8,000mph rockets.

Specialist military site Militarnyi claimed: "Ukrainian drones attacked the 4th State Central Inter-Service Test Range Kapustin Yar in Astrakhan Region."

The drones reportedly evaded air defences and hit an assembly and test building at the site near the Kazakhstan border.

Intelligence sources had claimed the Kremlin was planning a new blitz on Ukraine. It would target nuclear power plant substations vital for running the sites.

Genocidal

Such a move would starve Ukrainians of heat and power just as -17C temperatures bite.

Kyiv's GUR military intelligence warned Moscow's "intentions to attack substations in order to destroy generation at Ukrainian nuclear power plants in such a hybrid manner once again demonstrate the genocidal nature of Russia's war against Ukraine".

Putin has used his Oreshnik missiles twice in the war, the last time on January 9 in Lviv.

The weapon is also seen as a significant danger to Europe. One fired from a Belarusian base could hit London in eight minutes, according to Kremlin sources.

Ukrainian Territorial Defence Forces officer Oleksandr Musiienko claimed an Oreshnik strike could be timed to coincide with the annual Davos summit, due to be attended by world leaders in Switzerland from today.

Picture: HUMPHREY NEMAR

Syrians stay in camps a year after liberation

Refugees in Jordan camp; above, Sana Mubarak and husband Farhan; inset, charity worker Hisham Asmar

EXCLUSIVE

BY **HANNA GEISSLER** in Jordan
PICTURES BY **HUMPHREY NEMAR**

MORE than a year after Syria was liberated from brutal president Bashar al-Assad, Hisham Asmar still gets goosebumps as he recalls the moment he heard the dictator was gone.

The 34-year-old moved to Turkey a decade ago, as the regime's cruelty intensified. He now works as charity SKT Welfare's programmes director for the Middle East.

Hisham said: "Even after more than one year, we still think this is a dream because no one thought we would have this happiness. It's something that cannot be described."

The Assad family's 53 years of repressive rule had a lasting effect, not only on Syria but on countries that took in a share of more than six million people who fled abroad.

We joined SKT Welfare on a week-long deployment to Jordan, as UK volunteers completed tasks including distributing food and cold weather supplies to Syrian refugees.

Governments around the world are increasingly encouraging Syrians to return to their homeland, cutting aid or even offering cash incentives. But many of those we spoke to were reluctant to return to an uncertain future.

At an orphanage near Jordan's capital, Amman, widow Umm Mustafa, 50, lives with her son Mustafa, 12, and daughter Noora, eight. They left Syria in 2014 and lived in "harsh" conditions in tents after crossing the border. She moved to a small apartment in the orphanage after her husband died.

Umm Mustafa recalled: "Life was really tough in Syria; fear was the thing that controlled us the most. There was fear, there was terror, it was like we were living in a war.

"Now we're just living here, hoping this situation stays the same."

The widow said she hoped Syria would be rebuilt but, for now, going back is "impossible because I have no house, no belongings at all".

At an unofficial camp near Mafraq, refugees living in basic shelters on rocky ground expressed similar sentiments. Fatima Ali, 54, left her home in Aleppo in 2014, and has lived in the camp for 11 years with her husband, who has health problems.

She said: "My husband is very sick, his heart. He had surgery to insert a balloon but he is not well.

"He also has problems with his eyes, he can't see far away. And he can't work because he's sick."

Safety

Asked about a return to Syria, Fatima said: "I have nothing in Syria, not even a place to sleep.

"We need money and here maybe someone will help us. There, we would be even poorer."

She is "very happy" at Syria's liberation but added: "Nothing changes for me. I'll still be living here."

Sana Mubarak, 48, and husband Farhan, 45, took their two children and left home in Homs in 2016 as airstrikes intensified. Removing her shoe, Sana showed us she was missing a toe from a blast injury. Farhan said they may return one day, but for now their situation in Jordan is better than what they expect across the border. He added: "There's no safety there like here. People still shoot each other in Syria, it has not stopped 100%."

Clashes continue between Syria's army and the Kurdish-led Syrian Democratic Forces, with both accusing the other of violating agreements.

Hisham, who dedicated his career to aid work after leaving Latakia, said charities were grappling with how to help refugees as support dwindles.

He said: "People who are receiving assistance will not go to another country when they have something to lose. When you have something to lose, you don't take the risk.

"It is one of the biggest challenges for us as a charity. After the liberation, many of the [refugee] projects have been closed due to lack of funding."

Hisham added: "I wish all the best for Syria and, inshallah [if Allah wills it], I'm optimistic. When it's stable and safe, everything will be good."

Al-Qaeda chief killed over attack on US troops

BY **ALLISTER HAGGER**

A TOP al-Qaeda terror commander has been killed in US airstrikes on Syria.

Bilal Hasan al-Jasim – one of the suspected masterminds of an Islamic State ambush last month in which three Americans died – was taken out in a retaliatory strike by the US.

Admiral Brad Cooper, commander of US Central Command, said: "The death of a terrorist operative linked to the deaths of three Americans demonstrates our resolve in pursuing terrorists who attack our forces.

"There is no safe place for those who conduct, plot, or inspire attacks on American citizens and our warfighters. We will find you."

Centcom confirmed the strike in north-west Syria on Friday.

It claimed al-Jasim was "an experienced terrorist leader who plotted attacks and was directly connected" to the December 13 attack in Palmyra, central Syria, that killed Sgt Edgar Brian Torres-Tovar, Sgt William Nathaniel Howard and civilian interpreter Ayad Mansoor Sakat.

The US has been carrying out large-scale strikes on Isis targets in Syria, dubbed Operation Hawkeye Strike, since that attack.

Centcom said the US has so far hit more than 100 Isis infrastructure and weapons sites, using 200 precision weapons.

It added: "Additionally, US and partner forces have captured more than 300 Isis operatives and killed over 20 across Syria during the past year, removing terrorists who posed a direct threat to the US and regional security."

President Donald Trump said on social media: "All terrorists who are evil enough to attack Americans are hereby warned – YOU WILL BE HIT HARDER THAN YOU HAVE EVER BEEN HIT BEFORE IF YOU, IN ANY WAY, ATTACK OR THREATEN THE USA."

The military operation in Syria comes even as the Trump administration said it is looking to focus closer to home in the Western Hemisphere including its operations in Venezuela and the Caribbean.

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EXCLUSIVE

BY **JON KING**

'Economically, global milk glut is tougher for us than covid was'

Wholesale prices drop lower than production costs

Paul Tompkins warns milk-price crisis is putting family businesses at risk

A GLUT of milk worldwide risks British dairies going bust, a farmer has warned.

Paul Tompkins says his business is losing nearly £2,000 every day and describes the situation as "tougher than Covid".

Farmers in the UK were told by national dairy supplier Freshways earlier this month the distributor had to throw milk away over Christmas due to excess supplies.

It comes as markets around the world have been flooded with milk in recent months.

Third-generation farmer Mr Tompkins runs South Acre Farm in the Vale of York, North Yorkshire.

He warned: "Most dairy farmers are under severe economic pressure with most seeing prices drop by 25%.

"When you operate on thin margins of 1 or 2%, that's a very significant blow."

Mr Tompkins said 80% of UK farmers are in a position where the price they get for milk is now less than the cost of production.

He feared that, while some dairy businesses have the financial and emotional resilience to weather the current market storm, others will be looking for a way out.

Stunned

The dad-of-two chairs the Dairy Board at the National Farmers' Union. He has seen farm-gate prices drop from 41-42p per litre to the low 30s.

Milk prices traditionally rise and fall according to supply and demand. But Mr Tompkins said farmers have been stunned by such a big drop in a short time.

He calculated South Acre Farm is losing £1,800 every single day.

The 46-year-old said: "The truth is you do worry. But you have to find a way to be optimistic. The cows have to be milked every day, no matter what the prices are.

"But for some farmers, that emotional resilience will be too difficult to find and some farmers' banks will find it too hard to find economic resilience.

"I would not be surprised if some dairy farmers leave the industry in the first half of this year. Economically, this is tougher than Covid."

Farmers' ability to reduce supply is limited, as cows have to be milked, while dairies cannot be temporarily closed as they require constant maintenance for hygiene.

Mr Tompkins fears that with 2-5% of dairy farmers leaving the industry each year, Britain can ill afford to lose more. "Food security requires a diversity of farms continuing to produce food even when we have shocks," he added.

Last summer's heatwave, feed prices and the sheer number of cows in the world has resulted in the excess supply.

While demand has grown "a little bit", it has not been enough to keep up with production.

Industry analysts, he said, do not expect milk prices to recover until the second half of this year.

Mr Tompkins said farmers need fair, sustainable prices to remain viable in periods of growth and decline, but admitted there is "no silver bullet".

Better understanding of the market, improved efficiency and more investment in Britain's "fragile" food supply ecosystem are among fixes he put forward.

Hated

Legislation on contracts between farmers and suppliers, which came into force last July, raised hopes dairy farmers will benefit from greater transparency and accountability over how prices are set.

The U-turn on her hated farms inheritance tax changes by Chancellor Rachel Reeves, *inset*, was welcomed by Mr Tompkins, but he said further demands on the industry, such as environmental regulations and biodiversity rules, only add to costs.

He admitted some shoppers may welcome cheaper prices, but claimed in the long run they will "dilute" farms' ability to produce food, with fewer profits available to invest.

However, he welcomed consumers' support for British produce and farmers, saying: "They do more than just keep farms going, they keep rural Britain going."

The government says it expects markets to correct and profits to return amid a "difficult and challenging time". A Defra spokesperson said: "This government backs our hard-working dairy farmers and recognises the pressures they and the wider sector face. We want to see fair supply chains and transparent dairy contracts."

Weight-loss jabs could hike meat prices 20%

Meat prices are already up due to global events

BY **JOSIE CLARKE**

THE rise of weight-loss jabs could increase meat prices by up to 20% this year as demand for protein soars, an expert claims.

The cost has already shot up due to global uncertainty and rising energy costs.

But now it will be hiked further due to extra demand from people eating smaller portions due to GLP-1 medication such as Mounjaro and Wegovy, according to Oisin Hanrahan, founder of Tesco-backed supply chain platform Keychain.

He said: "It wouldn't surprise me if there was, say, 10 to 20% on certain meat items over the year. The 2 to 5% range is the hope. All input prices for meat production have gone up.

"But increasing demand is also increasing price, and all those on GLP-1 medications know they need nutrient-dense, high-quality protein – and that's your beef, lamb, chicken and pork."

Inflation on fresh meat was at 14.5% for the four-week period ending December 2, according to figures from analysts Worldpanel. Chocolate, coffee, beef, butter and fruit were among other products that had seen the most "eye-watering" rises over recent months that have kept food price inflation high, said Mr Hanrahan.

He urged shoppers to be flexible when buying food, and open to buying meat and other products on offer rather than going to the supermarket with rigid lists.

Mr Hanrahan added: "We can't be lethargic, waiting for food prices to come down on their own. The factors causing them to remain high are here to stay."

Is this THE year Harry and Meghan return to Britain?

They've been marooned in Montecito for the past six years but with their security detail set to be reinstated, the Sussex family could finally be heading for a royal reconciliation

EXCLUSIVE

By Rebecca Russell
Deputy Royal Editor

HE'S stamped his feet, thrown his toys out of the pram and accused his father's court of a "good old-fashioned establishment stitch up", but could everything be about to change for Prince Harry – and his wife Meghan Markle?

To say that the Duke and Duchess of Sussex have had a turbulent few years would be the understatement of the century. Family rifts, explosive interviews, a scandalous memoir, court cases, crumbling brand deals, and a charity fallout have all dominated the headlines since the couple walked away from it all six years ago to carve out a new life in sunny California.

Now, Harry and Meghan are on the cusp of major change once again.

With the decision taken by the Executive Committee for the Protection of Royalty and Public Figures (Ravec) to reinstate the Duke's government-funded police security now thought to be little more than a formality, and Harry's six-week lawsuit against the Daily Mail starting at the High Court today, he could be on the verge of turning things around.

Of course, there will be benefits for Harry and Meghan personally if they have their police security reinstated, as it means they can return to the UK without having to give Scotland Yard 30 days' notice.

But the impact may be just as beneficial for their children, Prince Archie, six, and Princess Lilibet, four, and Harry's father, King Charles.

"We know that Harry wants a reconciliation; he's made that abundantly clear. He's said that in an interview, and I believe that the King does as well," says royal commentator Afua Hagan. "If the security situation is sorted and it's favourable towards Harry, then this could absolutely be a time for Harry to bring Archie and Lilibet to see their grandfather, and potentially his brother and his brother's children.

"It certainly paves the way for a safe reconciliation," she adds. "And it means Harry can make a quick trip or come at short notice if he needs to for any reason, which certainly makes it easier for all sides to begin to consider a new phase in their relationship."

Harry and Meghan's children are not believed to have visited the UK since June 2022, when they travelled with their parents to celebrate Queen Elizabeth II's historic Platinum Jubilee.

Royal expert Richard Fitzwilliams agrees that the King's Sussex grandchildren may just hold the key to any future success.

"Their rift with the Royal Family remains deep," he says. "However, their trump card is undoubtedly Archie and Lilibet. If they came, there would be worldwide fascination and a gentler reception.

"They would be likely to see King Charles, and there will undoubtedly be questions about their long-term plans. Do they envisage Archie and Lilibet spending time in Britain during their education? Since they have the option of titles, in a future year who knows what royal role, if any, they might one day play."

OF course, it's not enough to rely on the convening power of two children under the age of 10, and the couple will have to do much more to get them back into the royal circle of trust.

That may start with proving they can be trusted not to reveal details of private meetings, not to give further damaging interviews, or not to use any content to fuel their Netflix deal, which was extended for a "multi-year 'first look' deal for film and television projects" last August. After the Duke of Sussex lost his legal challenge for greater security protection last May, he sat down with the BBC for a blistering interview, calling the move "a good old-fashioned establishment stitch-up".

But Harry also upset royal supporters after he lamented, "I don't know how long my father has left", suggesting that any chance of reconciliation rested entirely in his father's hands. While Harry still has connections in the UK to charities such as Wellchild and Scotty's Little Soldiers, should the couple return more regularly and carve out a life between the UK and the US then questions will be asked about whether they will become working royals again.

Afua makes clear that "the answer to that is a hard no, because they're happy where they are".

She adds: "The change in status with the security would definitely make it easier for him

'Harry is thought to be desperate for his father to stand beside him and open the Games'

Harry in happier times with his father and brother

In the background as Meghan stars in her cookery show

Part of the royal family gathering for Christmas in 2018

Rare photo release of their children, Archie and Lilibet

to come back and potentially build bridges, but we're not going to have a situation where Harry is a working royal because he doesn't want to be."

Yet receiving his security details should greatly soothe Harry's anxiety around a country he feels is "too dangerous" to bring his wife and young children to. This will undoubtedly help with planning for his upcoming Invictus Games, set to be held in Birmingham in 2027, featuring the talents of injured servicemen and women.

Before that, he is expected to travel back this summer for the annual One Year to Go event held 12 months prior to the Games themselves.

Anticipation is high over whether Meghan will join him, having previously attended ceremonies in Canada and Germany. She has not visited the UK since Queen Elizabeth II's funeral in 2022, but the Duchess is thought to be hoping to attend the one-year countdown on July 10.

"Meghan's chosen path is Hollywood and the United States, where she wants to become an influencer," says Richard.

"She clearly proposes to use Invictus and the first of what may prove to be a series of visits to Britain to remind the world of her royal status."

But Afua is not so sure. "There is a proportion of people who absolutely love her and would love to see her, but I think the price [to pay] will be the negative storylines about her, which will be very difficult," she says. "I don't think she will come back immediately."

Harry is thought to be desperate for his father to stand beside him and open the Games, and has reportedly invited him to do so.

"This is a carefully planned public relations stunt," says Richard. "The timing – as the closing ceremony coincides with Queen Camilla's 80th birthday – may not appeal to the King, but it is a major military charity, and he may feel it is his duty to attend whatever his personal feelings."

With the couple's immediate future potentially getting brighter, Richard is clear that after such a challenging 12 months, Harry in particular will be breathing a sigh of relief.

"Prince Harry begins 2026 with his morale high after a highly disappointing year," he says. "He lost Sentebale, which he had co-founded in his mother's memory, remained silent over the Africa Parks controversy and looked at times like a film extra when he appeared on Meghan's cookery series and her pitiful twerking video.

"As he sees it, the year begins with a victory over security, especially after taking his case to appeal and losing, which he followed with an emotional and erratic rant on the BBC, something which would have done nothing to convince the Royal Family he had changed one iota."

But after such a protracted battle, Afua feels that there is a light at the end of the tunnel, especially where Invictus is concerned.

"He can definitely start making more trips to see his father and build those bridges," she says. "And he's British, this is his home, so not being able to return to it because you don't feel safe must be a huge burden and terribly sad. If he can have some of that weight lifted, he can feel freer and focus on building bridges, instead of being anxious about his and his family's safety."

CRITICS may ask why Harry and Meghan, with their immense wealth, need security funded by the UK government? Last year, the Duke made a generous personal £1.1million donation to Children in Need, while Meghan has allegedly made millions from sales of her jam and other products sold through her lifestyle business As Ever – as seemingly revealed in a recent website glitch.

While Richard says there is good reason for Harry's security to be reinstated, it will not boost his already dented popularity with the British public.

"The trauma he undoubtedly suffered after his mother's tragic death still haunts him; there are threats, and there was always a reason for making this a special case," he says.

"His popularity with the British public will almost certainly not be enhanced by this, as this will be a year where the royal finances will be much debated and under parliamentary scrutiny."

The "parliamentary scrutiny" to which he refers includes the investigation launched after details of Andrew Mountbatten-Windsor's "peppercorn" rent agreement with the Crown Estate emerged.

But there could be an even better reason why handling such a sensitive subject is best left to the government.

"It's not just about protecting Prince Harry, Meghan, or their children; it's about protecting the people around them," says Afua. "God forbid you have a situation where someone decides they want to attack them. What about the general public who are there? They're at risk.

"This government-funded, government-tracked, government-protected security makes sense for someone who is so well known publicly. It's a no-brainer because it's all about keeping people safe. It's about keeping Harry safe, 100%, but it's not just about him; it's about keeping the general public safe too."

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Landlord forced to seek permission for flag painted on pub nine years ago

Mr Kunkler in front of George cross on wall of pub he runs

BY **FILIPA GASPAR**

A LANDLORD has been forced to apply for planning permission to keep a giant St George cross painted on the front of his pub.

Jerry Kunkler first painted the red cross on the exterior of his white boozer for the 2016 Fifa Club World Cup. After Covid, he repainted it in 2022 for the World Cup in Qatar.

But a local complained in November that it looks like "the headquarters of the National Front".

Wiltshire Council launched an investigation after the complaint. Mr Kunkler was told the paint job at the Moonrakers Inn in Pewsey was in breach of planning legislation.

Hoo-ha

He has now submitted a retrospective application for planning consent and the council is expected to make a decision by March.

Mr Kunkler, Wiltshire's longest-standing councillor, said: "I arranged for the painting of the cross up in 2016 for the football World Cup finals in Japan. Apart from the two years of Covid, the red cross has been on the pub for over nine years. Nothing's been said about it until now."

Previously Mr Kunkler said he believed the complaint was because of the "hoo-ha" surrounding flags being put up across the country, something he said the pub's flag had "nothing to do with".

He added: "The Moonrakers Inn is a sports bar, and I support everything England and this pub has been a venue for all those who want to watch England play.

"[I support them] whether it is in the men's or women's football World Cup, men's or women's rugby World Cup and Six Nations, and of course the men's and women's Euros.

"I'm leaving it up for the Six Nations and the World Cup.

"This is all about the controversy around the flags.

"This has nothing to do with Operation Raise the Flag.

"I have looked at the rules and if the council says I need planning permission, I'll apply for it."

The Moonrakers Inn was an inspiration for the award-winning play Jerusalem by Jez Butterworth.

Mr Kunkler, who has been landlord of the pub since 1981, said he has often decorated the inside for occasions such as St George's Day.

He added: "We have also held the jubilee here. I am a bit of a royalist I was lucky to meet the Queen in 2012.

"I am an old-fashioned English supporting pub."

OPINION: PAGE 12

TV Apprentice sexism storm

BY **CASEY COOPER-FISKE**

BBC chiefs have demanded the makers of The Apprentice tighten their vetting after a wannabe on the new series made racist and sexist posts on social media.

Levi Hodgetts-Hague, who will appear on the show fronted by Lord Sugar, *inset*, branded Muslims "dirty" and called women "slags".

The 33-year-old, from Doncaster, also tweeted support for far-right agitator Tommy Robinson and described women from his home town as "skets" and "dogs".

Hodgetts-Hague deleted the messages after the BBC was tipped off.

The broadcaster said: "We were completely unaware that this contestant had made such abhorrent comments. We have asked the independent production company for further assurances on their social media checks."

Apprentice maker Naked said it was reviewing its vetting, which is contracted out to other firms.

Hodgetts-Hague reportedly competes with a Muslim woman on the BBC1 series, which starts on January 29. He apologised for the posts from 2012 and 2013, saying: "They are not a reflection of the values I uphold today."

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JUST follow the instructions from left to right, starting with the number given to reach an answer at the end of the row. Set your own 30-second challenge: for the very young or arithmetically rusty, you have 30 seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 30 seconds. True mental gymnasts should try INTERMEDIATE and ADVANCED in 30 seconds together.

Today's answers can be found in the puzzles pullout

									YOUR ANSWERS
Beginner	65	-17	÷8	+36	3/7 OF THIS	+5	x2	-28	÷6	
Intermediate	18	x3	+251	3/5 OF THIS	-96	x4	+15	÷11	-17	
Advanced	516	5/6 OF THIS	-283	÷7	+15	x12	-48	INCREASE BY 25%	÷15	

THE NATIONAL LOTTERY

SATURDAY, JANUARY 17
LOTTERY
12 26 30 32 39 58 4

THUNDERBALL
7 11 12 23 37 7

FRIDAY, JANUARY 16
EUROMILLIONS
5 17 24 29 50 5 10

THUNDERBALL
3 7 27 28 29 12

THURSDAY, JANUARY 15
SET FOR LIFE
9 22 24 29 30 1

THE HEALTH LOTTERY

SUNDAY, JANUARY 18
6 9 23 45 49 29

SATURDAY, JANUARY 17
1 11 26 35 38 14

The Health Lottery has raised more than £135m for health-related causes since 2011. Details at thehealthlotteryfoundation.org.uk

PHONE POLL RESULTS

We asked in our poll on Friday:
Will Robert Jenrick's defection from Tories strengthen Reform?

YES: 73%

NO: 27%

SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

4		8	9				6	
	9			4	5		8	
1	5			6				9
		3		5	7		1	
8	6		4				2	5
			6			8		
6				9			3	8
	8	4	7	3			9	
	2				6	4		7

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MORE PUZZLES – PULLOUT

SATURDAY'S SOLUTION

3	5	8	2	4	1	9	7	6
7	6	9	5	8	3	1	4	2
1	4	2	9	6	7	5	8	3
5	3	7	4	2	8	6	9	1
6	9	1	3	7	5	4	2	8
2	8	4	6	1	9	7	3	5
8	2	5	1	9	4	3	6	7
4	7	3	8	5	6	2	1	9
9	1	6	7	3	2	8	5	4

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Rare dolls of pop band members were made by Hasbro

Monkee business as dolls to fetch £1,200

BY **ADAM DUTTON**

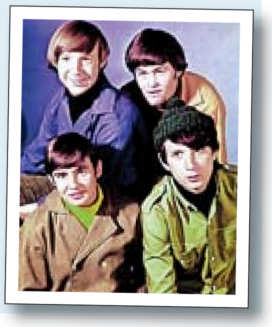
HEY, hey, they're the Monkees... and people say they're worth more than £1,200.

The plastic dolls, one likeness for each member of the US TV pop stars, originally cost pennies.

Just 4in-tall, they were given to Monkees-mad Mary Hegarty by her brother on her 10th birthday in 1970. She kept them unopened in mint condition.

Mary, 64, of Willenhall, West Mids, said: "I used to shout at the screen telling [drummer] Micky Dolenz I loved him... How embarrassing!"

The toys go under the hammer at Hansons, Auctioneers, Etwall, Derbys, on Thursday.



Monkees in their heyday

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Trustpilot

Emma relaxes after crew's mission to free traumatised turtle caught in nets, right, in the Caribbean

Rowers stick their necks out for distressed turtle

BY **JAN DISLEY**

A CREW of Brits rowing 3,000 miles across the Atlantic to highlight marine conservation pulled together to save a stricken turtle trapped in fishing nets.

Emma Wolstenholme, Stacey Rivers and John Hammond left La Gomera in the Canary Islands on December 14 and hope to complete the trip to Antigua and Barbuda within the next 10 days.

But Emma revealed they did a U-turn when they spotted the turtle. From 764 miles east of Antigua, the ex-RAF squadron leader, 43, said: "We turned the boat around. We were rowing into the waves and wind and it was difficult. It was a real team effort.

"But then we saw it swim away. It made it all worthwhile."

Emma, of Burnley, Lancs, and Stacey and John, of Hampshire, also aim to spotlight climate action and raise charity cash.

Chinook disaster campaigner dies after cancer fight

Expert gave families a voice

BY **SARAH WARD**

A FORMER Ministry of Defence aeronautical engineer whose expertise guided the 1994 Chinook disaster justice campaign has died after a two-month battle with cancer.

Tributes were yesterday paid to David Hill, 69, the dogged technical adviser to the families bereaved when an RAF Chinook crashed on the Mull of Kintyre, killing 29.

David spent more than 30 years supporting the Chinook Justice Campaign Group. His conclusion the mark 2 helicopter was not airworthy helped to clear pilots Rick Cook and Jonathan Tapper in 2011 after they were posthumously blamed for the 1994 crash.

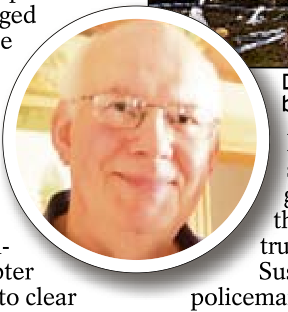
David's work, including 335 unanswered questions, also brought real progress in the past six months – leading to the families' first meeting with ministers in 31 years last month. They are calling for a public inquiry.

Chris Cook, Rick's brother, said: "His determination helped restore Rick and Jon's professional reputation and gave our family something we had been denied: truth, dignity and peace."

Susan Phoenix, whose policeman husband Ian was killed, said of David: "His invaluable work has helped to give our families a voice when they were being ignored, and his determination ensured that the truth could not simply be buried."

Her son Niven said: "He is a massive loss to the campaign, and we are all devastated by his death."

David, who was married and had a daughter, Jo, died in a Bristol palliative care unit last Monday.



David, left, absolved pilots of blame for 1994 crash, above

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BEAUTY GET THAT GLOW

Edited by **LAURA MULLEY**

CLEAR THINKING

Medik8 made a big thing about peptides last year, with two knockout skincare launches containing these smart skin cells communicators – and now the firm is using the power of these amino acids to gently tackle blemishes and congestion with this new and improved Niacinamide Peptides serum, £49. Driven as always by actual results, Medik8's clinical tests revealed smoother, clearer skin after just seven days of using this.

Medik8
NIACINAMIDE PEPTIDES

PICTURE DENNIS PEDERSEN

Strength training

Have you started the year with good beauty intentions? If so – or even if you still need a little kick-start – OK! Beauty Box's latest monthly drop, the Strong Start Edit, is here to help, as it's packed full of fortifying formulas to strengthen your skin and nails, and provide healthy habits for the rest of your beauty routine. Altogether it's worth over £95, but new subscribers get their first box for just £8.99 when they sign up at okbeautybox.co.uk

FRUITY FAVOURITES

Garnier's Hair Food range now gives you more options for your five-a-day with its Kiwi Menthol mask, £8.99, which tackles oily roots and dry ends. It can be used as an everyday conditioner, a mask or a leave-in treatment, and is vegan with a super-high percentage of natural ingredients and smells good enough to eat.

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BODY BEAUTIFUL

Cult US beauty brand Saltair is now available to buy here in the UK at Space NK, and ticks all the boxes for what you want from bodycare. It smells incredible, actually delivers results, thanks to a whole host of active ingredients in the formulas, and isn't wildly expensive (prices start at £10 for its Lip Oil Balm).

The Nourishing Body Oils and 5% AHA Serum Deodorants in particular are already proving popular, with Salt Water Vanilla my fragrance of choice.

HEALTH & BEAUTY

28 Health
30 Dr Rosemary Leonard
33 Horoscopes
35 TV Guide
40 Your Letters

BRIT POP

It may still be January but Burberry is getting us in the mood for sunnier days with its newest scent, Burberry Her Parfum, from £78 for 30ml, and a new face to front it: pop's current cool girl Olivia Dean. The fragrance opens with cherry, one of the top trending perfume notes of the last year, before settling into warm, gourmand notes of amber, patchouli oil and vanilla. It's like spring in a handy spritz.

PICTURE BURBERRY BEAUTY

HEALTH LIVE LIFE WELL

Edited by **MATT NIXSON AND HANNA GEISSLER**

Why too many men still choose silence…

Mental health campaigner and author GEORGE BELL looks at the current crisis in masculinity – with men three times more likely than women to take their own lives – his own battles with depression and stress and why we mustn't put pride before our health

OPENING UP
George shares his own experiences

A little over 10 years ago, I was grappling with a deep mental health challenge. By the time I'd actually gone to see the doctor to get diagnosed, I'd neglected things for long enough that I was facing daily suicidal thoughts too.

There's a huge mental health part to this story: a lack of education, language and self-awareness, as well as my subsequent journey with recovery and therapy.

But there's another part to this story, a deeper part: my sense of masculinity at the time.

Because despite how desperately I was struggling and despite the fact that around me I had a loving family, a great group of friends and a supportive girlfriend, nobody knew what was happening. Why?

Because that's what I believed men do, keep struggles locked away in a box called "silence".

It's a crude equation, but I was willing to trade my own life in order to preserve this notion of masculine pride. To get better, to recover, and to still be here today, I had to not only work through the mental health side but I also had to almost entirely deconstruct and then rebuild my sense of what it means to be a man.

Let me be clear, this isn't about criticising or shutting down parts of masculinity that many men find so valuable. I believe we have gone too far in some discourse in recent years, too quick to label things toxic and shut down many parts of masculinity that men enjoy or aspire to have.

But I do also strongly believe that we have made masculinity too rigid and narrow, a very specific version of it being passed from generation to generation like a hand-me-down.

Among other things, this version of masculinity many of us have grown up with is one that champions emotional suppression, rather than expression.

Men are actively encouraged to avoid their natural, normal, human experiences and emotions. It was the main reason I almost ended up taking my own life.

And I believe we're seeing the result of this rigidity play out for hundreds of thousands of other men in all manner of ways across the globe, with the stats around suicide, premature death, addictions, loneliness, homelessness, crime and more, both stark and shocking.

It's estimated that, on average, a man takes his own life every single minute of every single day somewhere around the globe, while 15 men under the age of 75 die prematurely every single hour in the UK. These are national and global scandals, figures that are as heartbreaking as they are shocking.

> ***"Masculinity is too rigid. Men are encouraged to avoid their natural human emotions and experiences"***

THE DARK SIDE
Cultural 'norms' mean men keep their struggles locked away

And so this silent crisis has been brewing. Many men are smiling on the surface but struggling underneath.

Many support pathways aren't built for men, and even if available, men have been conditioned out of utilising them for fear of being labelled "weak".

I've been working in the mental health space for almost a decade now and have seen these realities and challenges play out time and time again.

When interviewing dozens of guests for my book: Be A Man About It: Building A Healthier Idea Of Masculinity, the same issue kept cropping up time and time again.

When men needed help the most, they chose silence. It's time for us to have more frank and honest conversations about the things impacting men, because lives depend on it.

HOW HAVE WE GOT HERE?

It's a complex web and not one where we can easily paint a line from A to B. There are biological factors at play that may create the foundations for men to naturally lean towards certain behaviours around the expression of emotions.

However, there are huge cultural and systemic factors too, human-made issues that are keeping a lid on men's experiences. Biology may set foundations but cultural norms build the rest of the structure, and that structure for men has been one focused on silence and suppression.

As a society, we haven't focused enough in recent years on the problems facing men. There are clear and understandable

reasons for this, the most obvious being the support and voice women and feminism have needed in righting historical inequality.

But it has been this same historical inequality that has caused us to assume men are alright, that they don't need support, because they've been at the top for so long.

WHY MORE MEN TAKE THEIR OWN LIVES:

Suicide is highly complex and there are many potential factors involved as to why more men take their own lives.

According to the Office for National Statistics, men are three times more likely than women to kill themselves.

Some of these include the fact that men tend to use more lethal suicide methods than women, and men are less likely to seek support for mental health issues. Alongside this, the cultural masculine norm of emotional suppression, rather than expression, itself carries with it a higher risk of suicide.

IMPORTANCE OF MALE FRIENDSHIPS:

A wealth of scientific research confirms that humans are fundamentally social creatures, wired for strong social connections, which they depend on to survive.

Cultural masculine norms have championed independence, which is important in some contexts, but the darker side to this is that it can bring a resistance to strong interpersonal connections with others.

Platonic bonds with other men are resisted in particular, which sadly often get labelled with homophobic slurs, with so many men avoiding vulnerability and depth in connections.

Our cultural conditioning is at odds with our biological needs, and it's driving many men to loneliness, mental health issues and, heartbreakingly, suicide.

Humans need other humans, and men need other men.

WHY MEN ARE RELUCTANT TO SEEK HELP:

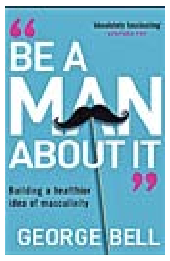
NHS data consistently shows that women account for a higher percentage of GP attendance.

This may be because women and girls develop a familiarity with medical settings from a younger age, where national screening programmes for women generally start around 25, whereas for men, these start much later, for some men as late as 65.

Strict cultural norms are also playing their part, where it can be seen as inherently unmasculine to be talking about our health or any issues with it.

But with men at higher risk of death from cancer, cardiovascular disease, and premature death – we mustn't put pride before our health.

Be a Man About It: Building A Healthier Idea Of Masculinity, by George Bell (published by John Wiley & Sons, £20) is released on Thursday, January 22



UNREALISTIC VIEWS
Porn can give faulty lessons around sex

DANGERS OF PORN:

Pornography has been described by some as the "largest unsupervised experiment on boys and men that we've ever had". Its accessibility means that children as young as eight are accessing pornographic material.

The impact of porn can be wide-reaching. It's a highly addictive activity, causing a flood of dopamine in our bodies. But great highs are followed by huge crashes, and eventually we become desensitised to the material, having to view increasingly explicit content to get our dopamine fix.

Issues with sex in the real world can arise, where people may feel no pleasure, or struggle with erectile dysfunction, premature ejaculation and other psychological issues.

It's also incredibly harmful from an education perspective, where people are getting faulty and sometimes dangerous lessons around sex.

You'll find little on healthy boundaries and consent in porn, where actors never say "no".

Or if they do, it's part of a scene where the pursuer simply pushes harder, harmful lessons people are taking into real-life interactions. There is also a moral question, with mistreatment of workers being widespread.

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YOUR HEALTH MATTERS

Can I still go out for my daily walk now it's so cold?

ON YOUR GUARD
Cold air can narrow blood vessels

Q There have been lots of warnings recently about how important it is to stay warm in cold weather, but can going outside when it's cold really give you the flu or a cold? I'm 75, am fit and well, and seem to be the only one among my friends who doesn't need to take any medication. I really enjoy going out for a daily walk for at least half an hour. Surely if I wrap up well it's not going to do me any real harm?

A Colds and the flu are caused by viruses, and are caught from other people, and one of the reasons they are more common at this time of year is because we spend more time in close proximity to people inside, rather than outside. So you can't catch a cold just from going outside, but that said, breathing in cold air narrows the blood vessels inside the nose, reducing the blood flow and the supply of white blood cells which help to fight infections.

This makes it easier for any viruses you breathe in to take hold and cause symptoms. Breathing in cold air can also narrow the blood supply to the heart and lungs, and this can increase the risk of heart attacks and chest infections in those with underlying problems, such as known coronary artery disease or asthma. One of the biggest risks, though, of going for walks in very cold weather is falling over on an icy surface, and breaking a bone. Research has suggested that there are an additional 4,000 fractures in the UK in the winter months compared to the summer.

So if you are going out for a walk, not only should you wrap up warm and wear a hat to stop heat loss from your body and head, you should also wear footwear with a very good grip on the soles, ideally warm boots, and take walking poles with you for extra support on a slippery surface.

Q I've been trying to lose weight for ages, and have now decided to try Mounjaro injections, which I'm happy to pay for, as I know I don't meet the criteria for getting them on the NHS. I got the first month's supply, but when I went online to get the next lot, the pharmacy declined, as they'd checked my records, and found I had gallstones in the past. But it was years ago, and I don't have any symptoms from them now. Is this really a problem? Should I try a different pharmacy?

A Medications like tirzepatide (Mounjaro) can delay the rate the gallbladder empties bile into the intestine, and this in turn can increase the risk of the formation of gallstones, especially if you lose weight fast, which can alter bile composition.

Though overall the risk is small, it increases with higher doses.

For this reason, Mounjaro should be used with care in people who have gallstones, and I am impressed that the pharmacy checked your medical records and highlighted this as a problem.

Having gallstones doesn't mean you can't use Mounjaro, but it does need to be used with care, which means increasing the dose very slowly, and avoiding losing weight too fast.

I suggest you talk to your GP. She may be prepared to monitor you during your treatment, and if she can write a letter to this effect then the pharmacy may be happy to prescribe it again for you.

You should also seek urgent medical help if you get any symptoms that may be due to inflammation of your gallbladder, such as pain in the upper right part of your abdomen, nausea, or vomiting.

Q I've had an intermittent sharp pain under the front of my lower right ribs for ages, which tends to be worse when I cough or sneeze. A scan ruled out gallstones, and my GP has suggested I could have slipping rib syndrome, which I'd never heard of. She's referred me for physiotherapy, but what's caused it? And is there anything else I can do about it?

A There are 12 ribs on each side, which connect to the spine, and provide structure and protection for the chest. The top seven connect directly to the breastbone, and the bottom two, ribs 11 and 12, are shorter, and do not connect the breastbone at all (hence they are often called "floating ribs").

Ribs eight,nine and 10 are connected to each other, and to the breastbone via fibrous tissue ligaments. If these become weak, then these ribs can move more than normal, or slip, and press on nearby muscles causing pain.

It can occur as a result of an injury to the chest (sometimes from contact sports) or from repeated twisting or lifting motions, such as throwing a ball or swimming, but sometimes it can occur for no obvious reason.

It can occur at any age but is more common in middle age, and in those who have hypermobile joints.

The diagnosis can be made by a medic hooking their fingers under the lower ribs and pulling them outwards, which triggers the pain. However, the diagnosis is often missed because many doctors are unaware of the condition.

Treatment with anti-inflammatory tablets (such as ibuprofen) and applying ice can be helpful, but don't apply this directly to the skin. The easiest way to do it is to wrap a freezer block (the ones used for a cold picnic bag) in a tea towel.

You should also avoid activities such as twisting or lifting that make the pain worse, though it is impossible to stop coughs and sneezes at this time of year.

Physiotherapy and special exercises can help to strengthen the muscles of the chest wall and stabilise the ribs. The pain does usually get better in a few months, but if the problem persists, then either a steroid or local anaesthetic injection can provide relief.

If you have a health question for Dr Leonard, email her in confidence at yourhealth@express.co.uk. Dr Leonard regrets she cannot enter into personal correspondence or reply to everyone

THE DREAM NIGHT'S SLEEP FOR LONG LIFE

Good-quality sleep could potentially add up to four years to a person's life expectancy and decrease the risk of premature death by nearly a quarter, according to a study.

Health insurance specialists Vitality and the London School of Economics revealed the quality of sleep you regularly get could significantly impact your life expectancy and risk of mortality. The experts also found 90% of adults weren't meeting optimal standards such as ensuring at least seven hours of sleep each night and maintaining a consistent bedtime. If a quarter of people improved their sleeping habits, it could save the NHS £1.35billion a year, the researchers claim.

People who consistently don't get enough sleep – judged as less than six hours – faced a 20% higher risk of premature death compared to those getting around seven to eight hours each night, according to the scientists.

Experts identified at least seven hours as the dream amount – and going to bed around the same time every night. This reduced mortality risk by 24% and hospital admissions by up to 7%. Those regularly getting less than six hours could be facing chronic sleep loss, which can increase the risk of heart disease, diabetes and depression, too, while also affecting concentration, mood and productivity. The study highlighted short-term sleep problems can disrupt the hormones responsible for appetite control and lead to glucose levels comparable to pre-diabetes.

Professor Joan Costa-i-Font, from LSE, said: "The research makes it clear that better sleep behaviours aren't just about feeling rested, they're fundamental to long-term health and wellbeing investment."

Getting to bed 15 minutes earlier or reading a book rather than watching TV, can also help.

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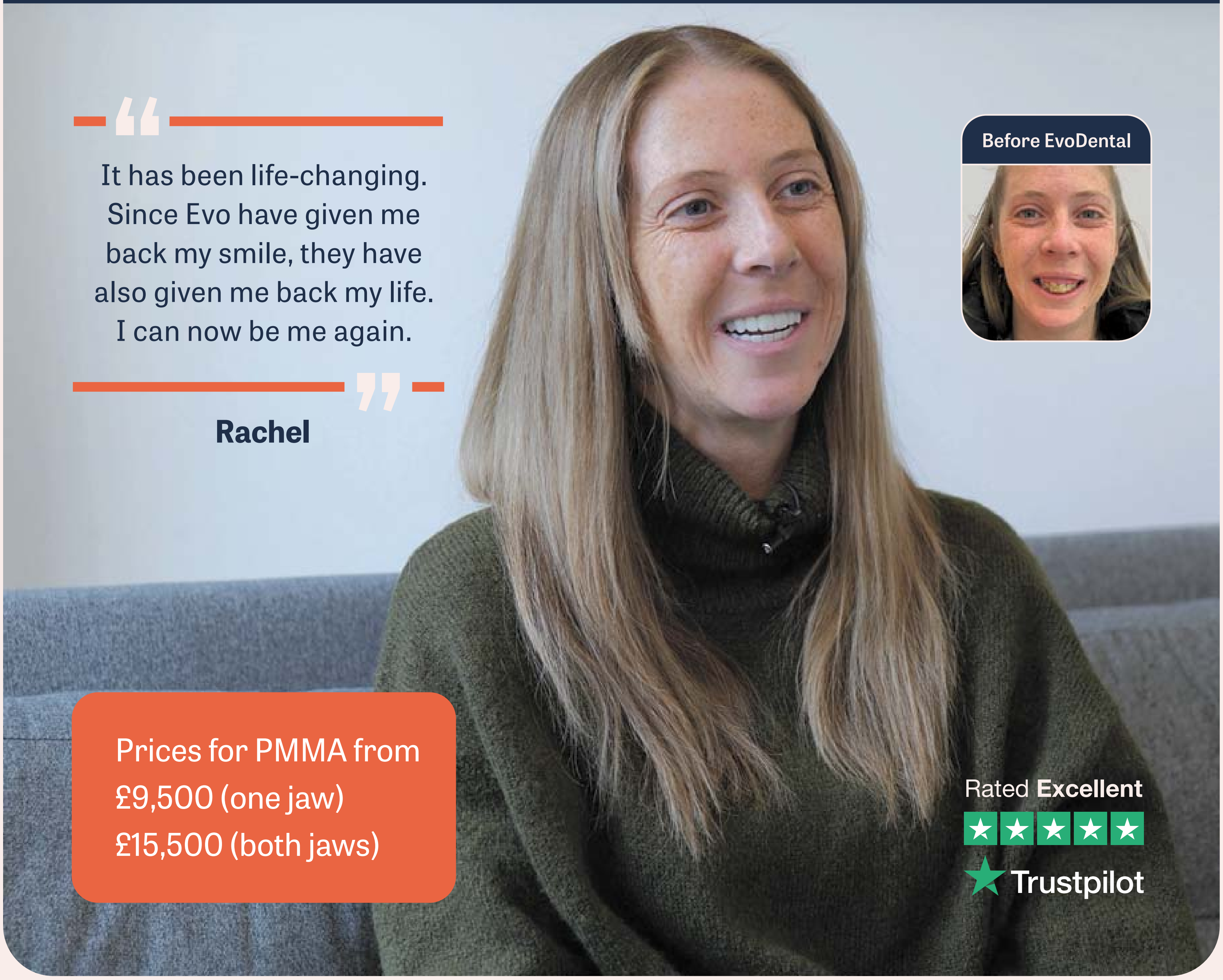

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HEALTH LIVE LIFE WELL

Edited by MATT NIXSON AND HANNA GEISSLER

New year, new ow! Best ways to avoid exercise injuries

Resolving to get fit can end in agony, so be smart shaping up. BY CATHERINE FORREST

It's a case of new year, new injuries for many Brits who've vowed to get fit. Increasing activity is the UK's most popular resolution – and gym attendance jumps by more than a quarter in January. But so, too, do visits to injury clinics and physiotherapists. Professor Adam Taylor, an expert in exercise injuries at Lancaster University, says: "The problem is not exercise itself, it is how people start.

"The body adapts to exercise gradually. When it is pushed beyond what it is ready for, the risk of injury rises and pain does not always appear straight away."

Failing to warm up is a huge issue, with research showing warm-up routines that focus on injury prevention reduce the risk of pain problems by up to 60%. But 27% of adults don't do any form of warm up before working out and, not surprisingly, 42% have sustained an exercise-related injury.

Elyn Marwick, a personal trainer, coach and international CrossFit competitor, says these simple steps will help you avoid injury and sabotaging your fitness goals

WISE ADVICE *Trainer Elyn*

FAILING TO PREPARE IS PREPARING TO FAIL

Always warm up: Try a quick walk or some range of motion (ROM) exercises such as leg raises, knee rotations and moving your head forward and backward and side to side. ROM exercises reduce pain and stiffness and decrease injury potential.

Massage is magic: When it comes to improving flexibility and delayed-onset muscle soreness, try a technique called self-myofascial release. It uses a roller action to massage and lengthen muscles and is proven to break up adhesions in the connective tissue and boost blood flow. This leads to an increased range of motion.

> *'The problem is not exercise itself, it is how people start'*

Slow and steady is the way to go: If you haven't exercised for a while, or want to step-up your routine, gradually build up the time you put in each day, and if using weights, increase resistance gradually. Invest in good footwear.

Listen to your body: Crucial if you are new to exercise. Move gently to start and stop if you experience pain, though a dull ache is fine as it shows your muscles are being made to work.

Focus on low impact exercise such as walking, swimming, water aerobics, the rowing machine, a stationary bike, yoga and tai chi, particularly if you have any pain or your BMI puts you in the overweight or obese range.

Turn up the heat and target trouble spots: Try Deep Heat Muscle Rescue Heat Spray, or the Deep Heat Muscle Massage Roll-On Lotion. Both formats contain vanillyl butyl ether which activates receptors in the skin to generate warming relief and soothes tight tense muscles. This accelerates your warm-up and helps to warm and prepare muscles and release any adhesions and stiffness left by previous injuries.

Get your timing right: The NHS recommends a minimum of 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity a week. But a US study found 300-599 minutes a week of moderate to vigorous exercise was best.

Studies suggest there is no ideal time of the day to exercise, though having a set routine can help with motivation. But a study of top tier women footballers found that, compared to when they are menstruating, players were six times more likely to sustain a muscle injury in the days leading up to their period and five times more at risk in the second half of their cycle.

Be chilled: Cool down properly after exercise. Go for gentle stretches or a slow five-minute walk and try Deep Freeze Glide-on Gel, which provides cooling relief. Cooling therapy works by reducing blood flow, helping to calm minor aches.

For more on muscle and joint care including warming and cooling therapies, plus fitness tips, go to mentholatum.co.uk

ADVERTISING FEATURE

The power of a good walk

Discover the many benefits of walking – and how your steps could help fund lifesaving research this February

Heading out for a walk is one of the simplest ways to get your body moving. Some of us might not think of putting one foot in front of the other as "proper" exercise – but just because it isn't intense, that doesn't mean it isn't doing you good. Walking can have a host of physical and mental health benefits – and best of all, it's completely free.

A healthier body

Even a short walk is beneficial. A study from the University of Cambridge[1] found that 11 minutes a day of moderate physical activity, such as brisk walking, lowers the risk of an early death. Regular physical activity, including walking, can reduce by up to 35% the risk of cardiovascular disease.

Walking is a weight-bearing exercise – meaning that your legs are supporting your weight – which is important for slowing bone loss as you get older.

And if you're hoping to avoid all the winter bugs flying around, walking can potentially help with that too. Studies have shown[2] that walking at a brisk pace can improve your immune system by increasing the white blood cells in your blood – your body's natural defence against germs and diseases.

Walking can benefit your bones and brain

A happier mind

If you're having an afternoon slump, heading out for a stroll is a good way to perk yourself up. Walking increases blood flow, which can make you feel more alert. A trial by the University of Illinois[3] found that walking for 40 minutes, three times a week, increased the part of the brain responsible for memory.

It's also been shown to boost mood by releasing "happy" chemicals like serotonin, dopamine and endorphins. Researchers at the University of Edinburgh[4] found that walking in nature helped people to feel positive and less stressed.

It can help you have a better night's sleep too. A trial published in Sleep Health journal[5] found that when people took more steps, they slept better and for longer.

Make your steps count

In February, walking can do even more good than usual. British Heart Foundation is asking people to walk 28, 50 or 100 miles over the course of the month to help fund lifesaving research.

Every three minutes, someone in the UK dies from cardiovascular disease. Sign up for Walk for Hearts and join a nationwide community of walkers helping to keep us all beating.

WALK FOR HEARTS

February is Heart Month. Walk 28, 50 or 100 miles and raise money for British Heart Foundation to fund lifesaving research.

Receive a free BHF T-shirt and mile tracker when you sign up.

Visit **bhf.org.uk/wfh** to find out more and sign up.

British Heart Foundation

Registered with FUNDRAISING REGULATOR

British Heart Foundation is a registered charity in England and Wales (225971), Scotland (SC039426) and the Isle of Man (1295).

1 British Journal of Sports Medicine, vol 57 issue 15. 2 The Benefits of Walking for the Immune System, nutritionstudies.org. 3 PNAS, 31 Jan 2011. 4 Current Psychology, 19 Aug 2023. 5 Sleep Health, vol 5 issue 5

RUSSELL GRANT

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ARIES MARCH 21-APRIL 20

Teamwork will get the job done, whether you are joining forces with others at home, in the office or a factory. A thoughtful friend will prove useful by speaking up for you when it counts even if you didn't see that coming from them. You won't forget their support and will return the favour some other time. Cherish moments of collaboration.

For more call **0905 789 4171**
(80p/min + network access charge)

GEMINI MAY 22-JUNE 21

A clever idea of yours or a friend's will make your morning brighter. After a small mix-up where someone will try to push back plans without any warning, you could end up spending time with a friend you don't see very often and you will both make the most of this opportunity. A shared laugh may rekindle memories. Embrace the spontaneity.

For more call **0905 789 4173**
(80p/min + network access charge)

LEO JULY 24-AUG 23

You will be delighted to have some upcoming travel plans confirmed. All and anything relating to publishing, advertising and education will go smoothly as you look forward to experiencing something new. This excites and appeals to your adventurous spirit, giving you a chance to try something you have never done before. Embrace the thrills.

For more call **0905 789 4175**
(80p/min + network access charge)

SAGITTARIUS NOV 23-DEC 21

There's a lot of excitement and a competitive spirit in the air. You will be enjoying using your creativity and brainpower to the full. Your ability to adapt will be key to your success later on. An achievement will be something to feel very proud about. Take a moment to relish this vibrancy – it's a time when your talents truly shine.

For more call **0905 789 4179**
(80p/min + network access charge)

TAURUS APRIL 21-MAY 21

Circumstances today should allow you to relax without having to stress about anyone else. You won't have to put yourself out for anyone and it should make a nice change to just be yourself. You can choose what to do and where to go without people standing in your way. Embrace this rare freedom and let your true self shine, enjoying simple pleasures.

For more call **0905 789 4172**
(80p/min + network access charge)

CANCER JUNE 22-JULY 23

With everything going so well for you, your confidence will increase as time goes by. You have the courage to make changes you feel are needed and what other people think won't matter. You just want to make yourself happy as that's what's really important. Embrace this newfound clarity, for it may lead you to unexpected joys and deeper self-discovery.

For more call **0905 789 4174**
(80p/min + network access charge)

VIRGO AUG 24-SEPT 23

Something unexpected and unusual is set to happen. There's a strong possibility of an offer related to a job. An unexpected bonus, pay-rise or well-deserved praise will lift your spirits. Don't hesitate if you are asked to take on a different role. New technology could play a part in this, opening doors you hadn't considered before.

For more call **0905 789 4176**
(80p/min + network access charge)

CAPRICORN DEC 22-JAN 20

You couldn't ask for a better day. A pleasing blend of hope, optimism, determination and luck should result in great achievements. So, if you have anything important planned for tomorrow, it could be worth moving those plans up, especially if they relate to your long-term goals. Embrace the momentum and let your aspirations shine.

For more call **0905 789 4180**
(80p/min + network access charge)

LIBRA SEPT 24-OCT 23

You will notice a marked change in the way someone at home is acting. There may have been problems understanding each other recently. Now they are keen to please you and even if you're still annoyed by how they acted, their charm will win you over. As the day unfolds, a deeper understanding blossoms, creating a warmth that draws you closer.

For more call **0905 789 4177**
(80p/min + network access charge)

AQUARIUS JAN 21-FEB 19

You may not be able to explain why you're so happy and optimistic but it's a good feeling. No matter where you are, there is a calm and harmonious atmosphere around. Even at work the hours will zoom by as the cooperative spirit makes it a pleasure. Embrace this energy, and let it infuse your interactions, as it could lead to surprises.

For more call **0905 789 4181**
(80p/min + network access charge)

SCORPIO OCT 24-NOV 22

Even though you will want to be clear about your position on a joint financial matter, it could take time and patience to reach your goal. Despite feeling great at the start of the day, later there will be times when it will seem like things are turning against you. Keep a positive outlook. Trust your persistence will eventually bear fruit, and the clouds will clear.

For more call **0905 789 4178**
(80p/min + network access charge)

PISCES FEB 20-MARCH 20

A new friend or someone you have recently met will be quick to help. You're curious about why they're being so nice when you barely know each other but don't question a good thing. They will be hurt if you turn them down. It may lead to a rewarding connection that enriches your life in ways you had not anticipated.

For more call **0905 789 4182**
(80p/min + network access charge)

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NUTWOOD TALES

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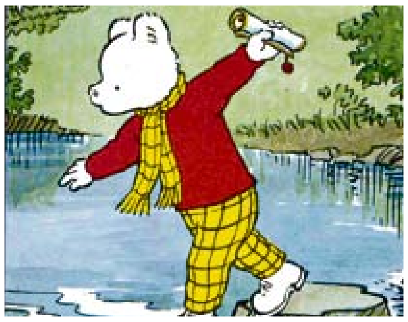
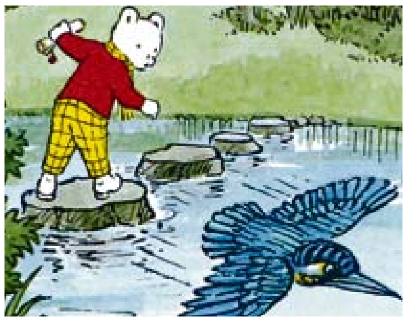
RUPERT AND THE PENGUINS No.16



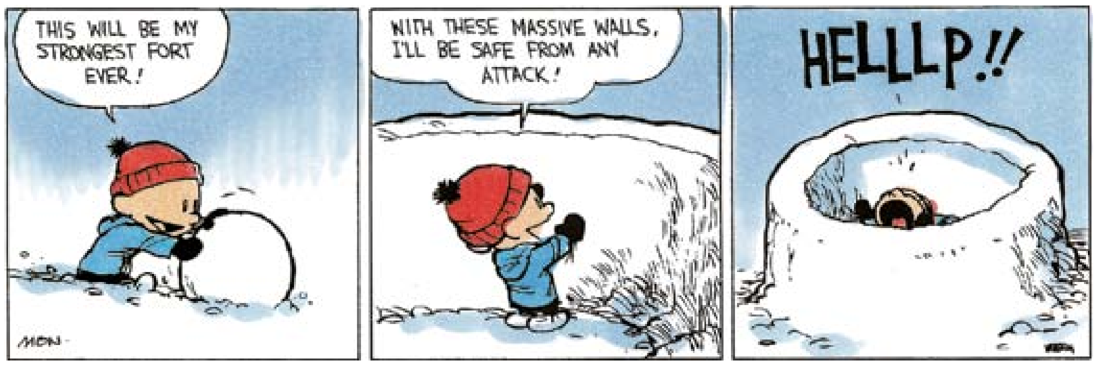
Rupert gives chase without delay.
Across the stones he makes his way.

The kingfisher skims back again.
"Wait!" Rupert cries, but all in vain.



The Kingfisher settles on a branch overhanging the water. "Good," thinks Rupert. "If I cross by these stepping-stones I'll be able to reach him." So, very carefully, the little bear picks his way across the river. But just as he is half way over, the kingfisher rises again and darts upstream. "Oh, don't go!" begs Rupert. "I need to speak to you about something very important!" But the bird skims past him.

CALVIN AND HOBBES
BILL WATTERSON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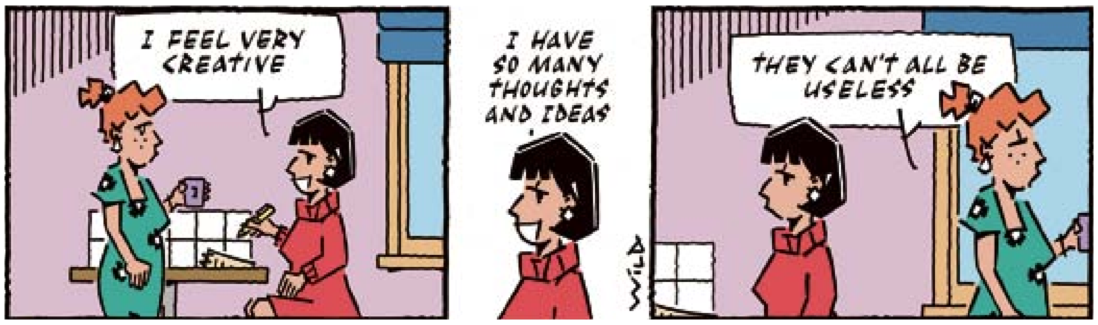
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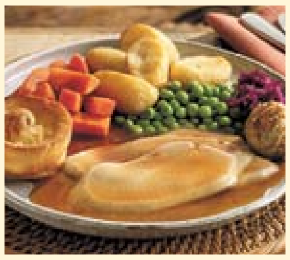
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TODAY'S TV ONES TO WATCH

by **MIKE WARD** *TV critic*

Pick of the day

ARCTIC ADVENTURE: ULTIMATE SURVIVAL C4, 10PM

JAMIE'S FEASTS FOR A FIVER, C4, 8PM

"SOFT, syrupy tinned golden peaches create a joyful peach cobbler, topped with a cracked, rustic batter and served with fruit-rippled cream." Those are not my own words (in case you were thinking: "Golly, why on earth is Mike talking like that? Has something gone wrong with his brain?") but the words, of course, of the splendidly effusive Jamie Oliver, describing his latest low-cost dessert recipe. "Ah, yes," you cry, "but does Jamie's pork and fennel white ragu turn commonly overlooked ingredients into a creamy, comforting sauce with beautiful, handmade pappardelle?" Yep, that happens too.

FAWLTY TOWERS, U&GOLD, 8PM

GIVEN that it's one of our greatest sitcoms ever, it's odd to think that Fawlty Towers' very first episode, A Touch Of Class, was watched by only a couple of million people.

Mind you, this was 1975, when television and radio shows still had to be enjoyed at precisely the time they were broadcast, long before technology offered the option to watch them later.

And up against Fawlty Towers that night, according to my research, there was Friday Night Is Music Night on Radio 2, direct from the De La Warr Pavilion in Bexhill, featuring The John McCarthy Singers, with Robert Docker on piano. Basil didn't stand a chance.

FINISH
THROUGH EUROPE'S LAST WILDERNESS
ssafa the Armed Forces charity

HARD WATCH *Military veterans put to the test*

THAT WILL BE A COLD DAY IN HELL

I'M not looking forward to the Winter Olympics. Not looking forward to watching them, I mean. Obviously, I won't be competing. My bobsleigh still isn't back from the repairers. I'll watch them regardless because I know how eagerly you're looking forward to my expert observations. But I won't be having fun. Why? Because I can't stand Cold TV.

Cold TV is what I call anything televised that's set in a snowy or icy environment. God knows why, but watching shows like that somehow makes me feel physically cold myself. And I hate being cold.

It's why I can never watch Ski Sunday, Frozen Planet or Ice Road Truckers. It's also one of the reasons I'm glad they axed Dancing On Ice. (Admittedly, there are others.) And yet it's not the main reason Arctic Adventure: Ultimate Survival is a tough watch. No, the main reason is that it makes me feel an absolute wuss.

But surely it can't be just me? Seeing four military veterans going through hell, tackling an ultramarathon, crossing 500km of frozen wilderness in temperatures as low as -30C, each dragging a sledge weighing 45kg – wouldn't it make most of us feel inadequate?

Not that this is their aim. They're not trying to show us how tough they are. They don't need to. Two of them – Jason Fox (from Channel 4's SAS show) and Aldo Kane – are ex-commandos. Brian Wood earned the Military Cross for bravery. Karl Hinett suffered severe burns in Iraq.

No, they're doing it because, in circumstances this challenging, they'll be forced to open up and accept their vulnerabilities. Given their backgrounds, that doesn't come naturally. When Aldo joined the Marines at 16, "it was hammered into me that you don't talk about your emotions".

They found out the hard way how harmful it can be to bottle things up. They learned that it's always best to talk. Or nearly always.

Having found this challenge horrendous, Foxy doesn't sound as if he'd appreciate a call any time soon from Woody, whose idea it was to take part, proposing another crack at it.

"Don't ever phone me up again!" he warns. But crucially, he says it with a smile.

BEST DRAMA

INDUSTRY, BBC1, 10.40PM

Yasmin organises a lavish birthday party for Henry but it's talking business that may bring him out of his shell. Harper uses the event to find out what makes Whitney tick.

BEST THRILLER

LYNLEY, BBC1, 8.30PM

While out for his morning run, Lynley finds the body of a young man. Initially seen as a kayaking accident, many suspects may have wanted him dead to keep something hidden.

BEST HISTORY

LUCY WORSLEY'S VICTORIAN MURDER CLUB, BBC2, 9PM

The historian turns to forensic pathologists and psychologists to help unmask Victorian killer, the Thames Torso Murderer, who was at large at the same time as Jack the Ripper.

BEST FILM

THE SOUVENIR, BBC2, 11PM

Romantic drama with Honor Swinton Byrne, Tom Burke and Tilda Swinton. In the 1980s, film student Julie begins a relationship with affluent, Foreign Office employee Anthony.

TODAY'S PREVIEWS ARE ON THE PREVIOUS PAGE

FILM RATINGS

★★★★★ BRILLIANT
★★★★ VERY GOOD
★★★ GOOD
★★ AVERAGE
★ BAD

(R) REPEAT

ALL PROGRAMMES ARE LISTED IN GREENWICH MEAN TIME (GMT).

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Magazine.
10.45 Rip Off Britain A report on rights concerning accidents caused by delivery drivers.
11.30 Homes Under the Hammer Properties in Kent, Yorkshire and Greater Manchester. (R)
12.15pm Bargain Hunt The two teams explore an antiques fair in Staffordshire.
1.00 BBC News at One; Weather
2.00 Lost and Found in the Lakes The detectorists join forces with the freedivers to find two family heirlooms.
2.30 Animal Park A wallaby develops a health condition.
3.00 Escape to the Country Richie Anderson helps a retiree from Lincolnshire.
3.45 Garden Rescue Transforming a garden in Luton. (R)
4.30 The Travelling Auctioneers Briony Harford and Saf Fakir help two sisters declutter their grandparents' home.
5.15 Pointless Quiz show. (R)
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.15am Bargain Hunt (R)
7.10 Sign Zone: Antiques Roadshow In Fife. (R)
8.10 Match of the Day (R)
9.00 BBC News Headlines.
12.15pm Politics Live Reports.
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the open pairs final and Jason Banks v Wayne Roberts in the last 32 of the open singles.
5.15 Flog It! Paul Martin and the team value antiques at the Museum of Science and Industry in Manchester. (R)
6.00 Richard Osman's House of Games Nadia Jae, Tamzin Outhwaite, Nigel Planer and Steen Raskopoulos compete in a variety of trivia and general knowledge-based games.
6.30 Robson Green's Weekend Escapes The actor is joined by football pundit Chris Kamara for a trip to North York Moors National Park, where they take high tea on a steam train and hunt for fossils.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.30 Lorraine Entertainment news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his team are in Nottingham to assess items brought in by members of the public, where a Picasso etching attracts interest.
3.00 Time Is Money Quiz show, hosted by Sara Davies.
3.59 Regional Weather
4.00 Deal or No Deal Gameshow, hosted by Stephen Mulhern.
5.00 The Chase Bradley Walsh hosts as New Zealander Gen, Steve from Evesham, Michelle from North Yorkshire and Dylan from Sheffield compete.
6.00 Regional News; Weather
6.30 ITV Evening News; Weather

Channel 4

6.25am Cheers Triple bill. (R)
7.50 Everybody Loves Raymond Triple bill of the sitcom. (R)
9.10 Frasier Four episodes. (R)
11.10 American Pickers (R)
12.05pm Channel 4 News Summary Headlines.
12.10 Car S.O.S Restoring a 1965 German classic car. (R)
1.10 Find It, Fix It, Flog It (R)
2.10 Countdown Broadcaster Jo Good is in Dictionary Corner.
3.00 A Place in the Sun Craig Rowe is helping Kate and Stan to find a holiday home. (R)
4.00 A New Life in the Sun In Spain, Sharon and Bongo are pinning their hopes on a yoga retreat business.
5.00 Junior Bake Off Harry Hill hosts the first day of Finals Week, as the four best bakers from each heat collide in the tent for Mash-Up Day and fuse a British classic with a global viral sensation.
6.00 A Place in the Sun Ben Hillman goes house-hunting in the village of Competa in southern Spain.

5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm & Alexis Debate.
12.45pm 5 News at Lunchtime
12.50 Matt Allwright Debate.
2.00 Vanessa Discussion show, presented by Vanessa Feltz.
3.00 The Madame Blanc Mysteries Jeremy's old rocker friend Dura is killed, so Jean attempts to find the killer. Starring Sally Lindsay. (R)
4.00 Bargain-Loving Brits in the Sun Tribute singer Paige takes on her most ambitious fitness challenge to date in the form of her first-ever half marathon, while dog rescuer Susie searches for homes for seven abandoned puppies.
5.00 5 News at 5 Headlines.
6.00 The Travel Show: How to Have a Great Holiday Jane McDonald visits Sydney Opera House and an animal sanctuary in Tasmania. Susan Calman enjoys Montenegro and Alexander Armstrong has an unusual spa experience in Sri Lanka. (R); 5 News Update

5.15pm, POINTLESS: Lauren Laverne

9pm, LUCY WORSLEY'S VICTORIAN MURDER…: Lucy

7.30pm, FLETCHERS' FAMILY FARM: Kelvin and Liz

4pm, A NEW LIFE IN THE SUN: Sharon and Bongo

8pm, POLICE INTERCEPTORS: PC Callum Donoghue

7
8
9
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11
12
MIDNIGHT

BBC One

7.00 The One Show Alex Jones and Roman Kemp present topical stories and chat.
7.30 EastEnders Jasmine goes with Kat to visit Zoe in prison, and Priya insists that Nugget must move into Ravi's flat, determined to keep them close.
8.00 Maxed Out: The Credit Card Trap – Panorama Reporter Iona Bain investigates the hidden dangers of easy credit.
8.30 Lynley DCI Lynley discovers the body of a young man whilst out for his morning run. The victim appears to have died in a kayaking accident, but further investigation leads to numerous possible suspects and the revelation of many secrets being held for generations. Guest starring Sienna Guillory.
10.00 BBC News at Ten
10.30 Regional News; Weather
10.40 Industry Yasmin plans a big Christmas celebration for Henry's birthday, bringing the industry to the Mucks. Whitney seeks Henry out and makes him an offer that would see him return to the public stage. At the party, Harper takes the chance to learn a more about the enigma that is Whitney.
11.40 FILM **What's Love Got to Do with It?** (2022, 12) As her childhood friend prepares for an arranged marriage, filmmaker Zoe decides to document his journey from London to Lahore. Romantic comedy, starring Lily James, Shazad Latif, Emma Thompson and Iman Boujelouah. ★★★★
1.25am Weather for the Week Ahead
1.30-6.00am BBC News. Updates.

BBC Two

7.00 Global Eye A report from the BBC Eye team who spent a year at the Holy Family Hospital in Bethlehem.
7.30 Celebrity Mastermind James Cracknell, Jen Brister, Craig Rowe and Bradley Riches take part in the quiz.
8.00 Only Connect Victoria Coren Mitchell hosts as the losing semi-finalists battle it out, with the two teams competing to guess the connections.
8.30 University Challenge Amol Rajan asks the questions in the second quarter-final.
9.00 Lucy Worsley's Victorian Murder Club Documentary series. The historian examines a murder from 1902 that contained a fresh lead, and her hunt for the serial killer ends with a convincing prime suspect. Last in series.
10.00 Mortimer & Whitehouse: Gone Fishing Paul and Bob fish for crucian carp at a sequestered lake in Shropshire – staying overnight in bivvies in the hope of guaranteeing success. (R)
10.30 Newsnight; Weather
11.00 FILM **The Souvenir** (2019, 15) In 1980s London, film student Julie becomes romantically involved with a complicated and untrustworthy man. Semi-autobiographical drama, starring Honor Swinton Byrne and Tom Burke. ★★★★
12.55am FILM The Souvenir: Part II (2021, 15) Drama sequel, starring Honor Swinton Byrne, Tilda Swinton and Richard Ayoade. ★★★★ **2.35** Sign Zone: Countryfile. Exploring the wintry landscapes of Northumberland. (R) **3.30** Sign Zone: The Traitors (R) **4.35-6.30am** This Is BBC Two

ITV1

7.30 Fletchers' Family Farm Kelvin Fletcher and his family give an insight into rural life, beginning in the midst of their busiest lambing season ever. Kelvin and his wife enter the world of pig breeding as they attempt artificial insemination.
8.00 Emmerdale The first of three episodes focusing on the suspects in Ray's murder.
8.30 Coronation Street Leanne offers to buy Maggie's stake in the Rovers, Will frets over Megan and Jodie confronts Shona about their past.
9.00 After the Flood As Jo and Sam struggle to find a link between Xav Palmer and Todd Drake, the discovery of the murder weapon shifts attention to the prominent landowning Benson family. Thriller, starring Sophie Rundle.
10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 The Murder of Alex Rodda: Social Media Murders The killing of the 15-year-old, who was groomed on the internet by Matthew Mason, who murdered Alex as he wanted to keep their relationship secret. Featuring interviews with Alex's family and friends, and the police officers involved in the case. (R)
11.35 Heathrow: Britain's Busiest Airport Staff prepare for the arrival of Air Force One. (R)
12.00m't Shop on TV **3.00** Long Lost Family: The Mother and Baby Home Scandal. Davina McCall and Nicky Campbell examine the scandal of mother and baby homes that dealt with the 'problem' of unmarried mothers in this country. (R) **3.50** Unwind with ITV **5.05-6.00am** Deal or No Deal (R)

Channel 4

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.
8.00 Jamie's Feasts for a Fiver Jamie Oliver demonstrates a clever way to use the most economical cut of chicken to create Italian-inspired Caprese chicken burgers, topped with homemade pesto and sweet potato fries.
9.00 Celebrity SAS: Who Dares Wins The recruits endure a brutal mountain ascent before facing a high-wire traverse 165 feet above a canyon. Billy introduces the death letter ritual, instructing them to write a final goodbye to loved ones.
10.00 NEW **Arctic Adventure: Ultimate Survival** In the Arctic Circle, an elite team of military veterans open up about suicide and mental health as they take on one of the world's toughest ultramarathons.
11.05 Celebrity Gogglebox Some of Britain's best-known personalities, including Clare Balding and Alice Arnold, Denise van Outen and Johnny Vaughan, Jordan Banjo and Perri Kiely, appraise the week's television. (R)
12.05am Taskmasterclass (R) **1.00** Kitchen Nightmares USA (R) **1.50** Celebrity SAS: Who Dares Wins (R) **2.45** David Baddiel: Cat Man (R) **3.40** Kirstie and Phil's Love It or List It (R) **4.35** Food Unwrapped's Deep South Adventure (R) **5.00** Hollyoaks Omnibus (R) **5.45-6.25am** Countdown (R)

5

7.00 Motorway Cops: Catching Britain's Speeders PC Will Hunter tries to track down a suspect who escaped on foot after ditching his vehicle, but the officer finds the driver has left his mobile phone behind in his car. (R); 5 News Update
8.00 Police Interceptors Callum faces a race against time to help an off-duty colleague who has been headbutted while detaining a violent suspected shoplifter. Meanwhile, Rob and Charlie track down a car being driven dangerously.
9.00 Police: Suspect No 1 After a road rage incident in Ellesmere Port, Cheshire, two suspects flee on a motorcycle at high speeds. With their riding becoming more dangerous, police must stop them before they cause a serious accident.
10.00 Inside the Force 24/7 In Middlesbrough, PCs Tash Nicholls and Nancie Mitten are called to a domestic incident in which a man is having a drug-induced psychotic episode after taking £400 worth of cocaine. (R)
11.05 Traffic Cops Officers tackle people driving illegally, going in pursuit of a motorist who fails to stop after a driving licence check reveals he has no insurance, with the chase reaching more than double the national speed limit. (R)
12.05am Police Interceptors (R) **1.00** PlayOJO Live Casino Show **3.00** Rich House, Poor House (R) **3.50** Save Money on Your Supermarket Shop (R) **4.35** The Highland Vet. Documentary series. (R) **5.25** Entertainment News on 5 **5.35** Ben and Holly's Little Kingdom (R) **5.45-6.00am** Milo (R)

ITV2
FREEVIEW 6

6.00am CITV **7.30** Celebrity Dinner Date **8.30** Olivia Meets Her Match **9.20** The Only Way Is Essex **10.20** The Real Housewives of Miami **11.15** The Real Housewives of Beverly Hills **12.10pm** Dinner Date **1.15** Celebrity Dinner Date **2.15** The Only Way Is Essex **3.15** The Real Housewives of Orange County **4.10** The Real Housewives of Miami **5.00** The Real Housewives of Beverly Hills

6.00 Celebrity Catchphrase With Richard Ayoade, Katie McGlynn and Joe Swash.

7.00 Deal or No Deal Chantel takes part.

8.00 The Real Housewives of Orange County Emily confronts Heather for feeling singled out during her show.

9.00 Love Island: All Stars Reality series.

10.05 The 1% Club Hosted by Lee Mack.

11.05 Family Guy Animated double bill.

12.05am American Dad! **1.05** Bob's Burgers **1.35** Olivia Attwood's Bad Boyfriends. Reality series. **2.35** Unwind with ITV **3.00-6.00am** Teleshopping

U&Dave
FREEVIEW 19

6.00am Teleshopping **7.10** Gordon's Great Escape **8.00** Border Force: America's Gatekeepers **10.00** Speed with Guy Martin: F1 Special **11.00** Rick Stein's India **12.00noon** Bangers & Cash **2.00** Robson's Extreme Fishing Challenge **3.00** Top Gear **5.00** Hairy Bikers' Best of British

6.00 Rick Stein's India The chef learns about temple cooking in the southern town of Madurai before taking a road trip across the Western Ghats to Kerala.

7.00 Would I Lie to You? With Micky Flanagan, Fiona Bruce, Claudia Winkleman and Steve Jones.

7.40 Richard Osman's House of Games

9.00 QI XL A look at vices and virtues.

10.00 Have I Got a Bit More News for You Extended edition of the satirical quiz.

11.00 Taskmaster The celebrity humiliation continues at the hands of Greg Davies.

12.00m't Mock the Week. Panel show. **12.40** Would I Lie to You? **2.00** Not Going Out **4.00-6.00am** Teleshopping

E4
FREEVIEW 13

6.00am Hollyoaks **6.55** Rude(ish) Tube Shorts **7.00** Junior Bake Off **8.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Modern Family **11.00** Ramsay's Kitchen Nightmares USA **1.00pm** Brooklyn Nine-Nine **2.00** The Simpsons **3.00** The Goldbergs **4.00** Modern Family **5.00** Brooklyn Nine-Nine

6.00 The Simpsons Double bill.

7.00 Hollyoaks Ant finds himself in hot water, and a resident's past is revealed.

7.30 The Simpsons Animated comedy.

8.00 First Dates Sixty-one-year-old finance worker and raver Sandra is paired with part-time DJ Lance in her search for love.

9.00 Gogglebox Double bill.

11.05 Open House: The Great Sex Experiment Married couple Tom and Kirsty are looking to try new things.

12.15am Naked Attraction. Reality series. **1.20** First Dates **2.20** Gogglebox **3.15** The Simpsons **4.05** The Goldbergs **4.55-6.00am** Don't Tell the Bride

ITVQuiz
FREEVIEW 28

9.00am Deal or No Deal **10.00** Tipping Point **1.00pm** Lingo **2.00** Tenable **3.00** In with a Shout. The Boyle family from Middlesbrough and the Kellys from Wales compete. **4.00** Riddiculous. Quiz, hosted by Ranvir Singh. **5.00** Deal or No Deal. Stephen Mulhern hosts as a contestant tries to open the boxes in the right order.

6.00 Lingo Triple bill. Daphne and Peter, Sarah and Sarah, and Charlie and Paige compete; Nestor and Andrew, John and Sue, and Meg and Holly compete; facing off this time are Ange and Brian, Warren and Darryll and Sam and Bec.

9.00 Alan Carr's Epic Gameshow The comedian hosts an updated version of classic darts-themed gameshow Bullseye, in which contetants hope to win big prizes in the Epic Endgame.

10.00 Tipping Point Three editions of the arcade-themed quiz show.

12.55am Tenable **1.50** Unwind with ITV **2.00-9.00am** Teleshopping

U&Drama
FREEVIEW 20

6.00am Teleshopping **7.25** The Bill **8.20** Doctors **9.35** Classic Holby City **10.40** Classic Casualty **11.50** The Bill **12.55pm** Classic EastEnders **2.10** All Creatures Great and Small **3.10** Howards' Way **4.20** Bergerac **5.15** One Foot in the Grave

6.00 To the Manor Born Audrey, Marjory and their Nature Conservancy pals try to foil DeVere's plans for the countryside.

6.40 Last of the Summer Wine Double bill.

8.00 Judge John Deed Jo Mills defends a drug addict who went on the run 16 years previously after being charged with attempted murder. Starring Martin Shaw, Jenny Seagrove and Robert Cavanah.

10.00 New Tricks The team reopens the case of a political aide's murder when a dormant bank account is discovered.

11.20 Waking the Dead Part one of two. A woman's DNA is linked to an old case.

12.35am Hotel Portofino **1.50** One Foot in the Grave **2.25** The Brokenwood Mysteries **4.00-6.00am** Teleshopping

More4
FREEVIEW 18

8.55am Food Unwrapped **9.30** Find It, Fix It, Flog It **10.30** A Place in the Sun **11.30** Come Dine with Me: five episodes **2.10pm** Four in a Bed: five episodes **4.50** A Place in the Sun **5.55** Car S.O.S

6.55 Car S.O.S Tim and Fuzz are off to Huddersfield to rescue a VW Corrado.

7.55 The Dog House Eighty-five-year-old Pim admires stubborn beagle Dexter.

9.00 NEW **Our Farm Next Door: Amanda, Clive and Kids** After a busy lambing season, the sheep return to the moor in the spring, and Amanda takes the chance to dig deeper into the recently transcribed Anthony Clarkson diary.

10.00 Supercruising: Life at Sea The MS Nieuw Statendam arrives in the Bahamas.

11.05 24 Hours in A&E Junior doctor Silas works his first ever shift in resus.

12.05am Our Farm Next Door: Amanda, Clive and Kids. Documentary series. **1.10** 999: On the Front Line **2.15** 24 Hours in A&E **3.20-3.50am** Food Unwrapped

Variations & S4C

WALES As BBC1 except: 1.35-1.45pm BBC Wales Today; Weather **6.30** BBC Wales Today; Weather **7.00-7.30** Bear Grylls: Wild Reckoning. An estranged brother and sister reunite. **10.30-10.40pm** BBC Wales Today; Weather

WALES As BBC2 except: 7.00-7.30pm The One Show. Alex Jones and Roman Kemp present topical stories and celebrity chat.

MERIDIAN As ITV1 except: 1.55-2.00pm ITV News Meridian; Weather **6.00-6.30** ITV News Meridian. The latest headlines; Weather **10.30-10.45pm** ITV News Meridian; Weather

CENTRAL As ITV1 except: 1.55-2.00pm ITV News Central; Weather **6.00-6.30** ITV News Central; Weather **10.30-10.45pm** ITV News Central. The latest headlines; Weather

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales; Weather **6.00-6.30** ITV News Cymru Wales; Weather **10.30-10.45pm** ITV News Cymru Wales; Weather

WEST As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather **10.30-10.45pm** ITV News West Country; Weather

ANGLIA As ITV1 except: 1.55-2.00pm ITV News Anglia; Weather **6.00-6.30** ITV News Anglia; Weather **10.30-10.45pm** ITV News Anglia. The latest headlines; Weather

WESTCOUNTRY As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country. A round-up of the latest headlines; Weather **10.30-10.45pm** ITV News West Country; Weather

S4C 6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **5.45** Newyddion Ni **6.00** Cartrefi Cymru **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Gwlad y Basg: Gwilym Bowen Rhys **8.25** Rhys Patchell: Japan a'r Gic Olaf **8.55** Newyddion S4C a'r Tywydd **9.00** Ffermio **9.35** Y Cyfweliad. Bronwen Lewis is interviewed by individuals with additional learning needs. **10.10** Sgwrs Dan y Lloer **10.40-11.45pm** Troseddau Cymru Gyda Sian Lloyd

BBC3
FREEVIEW 23

7.00pm The Catch Up Headlines.

7.05 SpongeBob SquarePants

7.30 Deadly 60 Steve Backshall has a tense encounter with a hippo.

8.00 Top Gear Jeremy Clarkson and James May look at tall hatchbacks known as crossovers, and Richard Hammond drives two Lamborghinis.

9.00 The Beauty Queen and the Catfish Triple bill. A nurse who targeted, harassed, stalked and exploited hundreds of women; Abbie Draper takes her findings to the police; the victims finally have justice, but are still left searching for answers. Last in series.

11.15 Stacey Dooley: Inside the Convent Stacey Dooley moves into a Whitby convent for 10 days.

12.15am Missing in Paradise: Searching for Sarm **1.45** Top Gear **2.45** The Fast and the Farmer-ish **3.45-3.55am** Press X to Continue

BBC4
FREEVIEW 9

7.00pm Wild China Documentary examining the country's wildlife.

8.00 Art of Persia Samira Ahmed takes viewers on a journey to places rarely seen as she visits Iran.

9.00 Call My Bluff With Penelope Keith, Miles Kingston, Sinead Cusack and Ian Ogilvy.

9.30 Face the Music With Robin Ray, Angela Down and John Norwich.

10.00 I Am Martin Parr Documentary profiling the photographer.

11.05 None a Stranger: Norman MacCaig at 80 A 1990 profile of the Scottish poet, featuring archive footage and readings of nine poems.

11.35 Personal Pursuits: A Poet's Workshop Magnus Magnusson interviews poet Norman MacCaig.

12.05am The Fairytale Castles of King Ludwig II with Dan Cruickshank **1.05** I Am Martin Parr **2.10** Face the Music **2.40-3.40am** Art of Persia

GB News
FREEVIEW 236

6.00am Breakfast with Eamonn and Ellie **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Updates.

6.00 Dewbs & Co Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.

7.00 Farage An action-packed hour of topical discussion and debate.

8.00 Jacob Rees-Mogg's State Of The Nation Join Jacob for his unique and unmissable take on the news.

9.00 Patrick Christys Tonight Replay Join Patrick for two hours of debate and news making interviews. Top guests tackle the issues that matter, with a sharp take on every story.

11.00 Patrick Christys Tonight Late Edition Discussion and debate.

12.00m't The Late Show Live **2.00** Farage Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Patrick Christys Tonight Late Edition

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SCAN ME

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Sport

SKY SPORTS MAIN EVENT

6.00am Sky Sports Catch Up **7.00** Sky Sports Breakfast. The latest headlines and reports.

7.30 **LIVE** **ICC Under-19s World Cup Cricket** Pakistan v Scotland. Coverage of the Group C match at Takashinga Sports Club in Harare.

3.00pm Sports Desk. Live analysis and comment.

3.30 **LIVE** **SA20** Paarl Royals v Joburg Super Kings. The T20 match from Boland Park.

6.30 **LIVE** **MNF** Brighton & Hove Albion v Bournemouth (kick-off 8.00pm). Coverage of the Premier League match from Amex Stadium.

11.00 **LIVE** **NBA Basketball** New York Knicks v Dallas Mavericks (tip-off 10.00pm). Joining the live coverage from Madison Square Garden.

12.30am Sky Sports News. Headlines.

1.00 **LIVE** **NBA Basketball** Detroit Pistons v Boston Celtics (tip-off 1.00am). Coverage of the inter-conference match at Little Caesars Arena.

4.00-6.00am Sky Sports News. Headlines.

SKY SPORTS CRICKET

6.00am SA20 **7.00** Best of England v South Africa

7.15 **LIVE** **ICC Under-19s World Cup Cricket** Pakistan v Scotland. Coverage of the Group C match at Takashinga Sports Club in Harare.

2.50pm Best of England v South Africa **3.05** Best of ICC WT20. England v South Africa in 2016.

3.20 **LIVE** **SA20** Paarl Royals v Joburg Super Kings. The T20 match from Boland Park.

7.00 SA20 **8.00** WPL **9.00** SA20 **10.00** Big Bash League **11.00** SA20 **12.00m't** WPL **2.00** Big Bash League **5.20** Best of J Anderson: 500th Wicket **5.30** Best of England v South Africa **5.45-6.00am** Best of ICC WT20

SKY SPORTS FOOTBALL

6.00am EFL Cup Retro **8.45** EFL Greatest Games **10.00** Championship Season Review **11.00** Best Goals: EFL Cup 2021-22 **11.30** EFL Trophy Football. Highlights of Rotherham United v Sutton United in the 2021/22 final.

12.00noon EFL Cup Highlights **1.00** EFL Highlights **5.00** EFL League One Goals **5.30** EFL League Two Goals **6.00** EFL Highlights **6.30** Bundesliga Highlights Show **7.30** EFL League One Goals **8.00** EFL League Two Goals **8.30** EFL Highlights **10.00** EFL Highlights **10.15** EFL Highlights **10.30** Bundesliga Highlights Show **11.30** EFL Greatest Games

12.00m't Championship Retro **2.00** Best Moments From The Championship Play-Off Final (1993-2019) **2.30** Best Moments From The League 1 & 2 Play-Off Final (1993-2019) **3.00** EFL Greatest Games **4.00** EFL Cup Retro **5.00** There's Only One Sauzee **5.30-6.00am** Dundee United – Champions 83

SKY SPORTS GOLF

6.00am DP World Tour Golf **11.00** PGA Tour Golf

2.00pm Golf. Latin America Amateur Championship. **5.00** Chronicles of a Champion Golfer

6.00 DP World Tour Golf. The Dubai Invitational. **7.00** PGA Tour Golf **8.00** You Can Play Golf **8.30** Junior Golf **9.00** Beyond the Scorecard **9.30** TGL **11.30** You Can Play Golf

12.00m't PGA Tour Golf **1.00** Nick Dougherty's Tee Time Tips **2.00-6.00am** PGA Tour Golf

TNT SPORTS 1

7.30am **LIVE** **Australian Open** Further coverage of day two of the opening Grand Slam event of the season, featuring first-round matches.

1.30pm Snooker Masters. Action from the final. **3.30** The WRC Magazine **4.00** Premier League Stories **4.30** Premier League

6.00 **LIVE** **Ultimate Pool** Coverage of Group Three of the Women's Champions League.

9.30 Isuzu UTE A-League Highlights **10.00** Ninja A-League Women **10.30** The WRC Magazine **11.00** UEFA Champions League Magazine **11.30** UEFA Europa League & Conference League Magazine **12.00m't** The Breakdown

12.30 **LIVE** **Australian Open** Day three action from the opening Grand Slam event of the season, featuring first-round matches at Melbourne Park.

3.30 The Edge **4.30** TNT Sports Cricket Reload

4.45-8.15am **LIVE** **T20 Super Smash** Northern Brave v Central Stags. All the action in Hamilton.

TNT SPORTS 2

6.00am Premier League Stories **6.30** Premier League – The Big Interview **7.00** Premier League **8.30** Serie A **10.30** UEFA Champions League Magazine **11.00** UEFA Europa League & Conference League Magazine **11.30** Adobe Women's FA Cup **1.30pm** One Day International Cricket **2.30** UEFA Champions League – Classics **3.00** UEFA Champions League Magazine **3.30** UEFA Europa League & Conference League Magazine **4.00** Serie A

6.00 Australian Open **7.30** The WRC Magazine **8.00** WRC Review **9.00** Fishing: On the Bank **10.00** Snooker Masters. Action from the final.

12.00m't Isuzu UTE A-League **4.00** Isuzu UTE A-League **5.00-6.00am** Isuzu UTE A-League

BEST OF THE REST – LIVE SPORT

1.50-5.30pm **LIVE** **WPL** Gujarat Giants v Royal Challengers Bengaluru. (Sky Sports +)

7.30 **LIVE** **NBA Basketball** Cleveland Cavaliers v Oklahoma City Thunder (tip-off 7.30pm). The inter-conference match. (Sky Sports +)

10.00pm-12.30am **LIVE** **NBA Basketball** New York Knicks v Dallas Mavericks (tip-off 10.00pm). At Madison Square Garden. (Sky Sports +)

Entertainment & Factual

ITV3 Freeview 10

6.00am Never the Twain **6.30** On the Buses **7.05** Classic Emmerdale **8.05** Classic Coronation Street **9.10** Inspector Morse **11.20** Heartbeat **1.25pm** Foyle's War **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders **10.00** Foyle's War **11.50** Trial & Retribution **1.55-2.30am** Unwind with ITV

ITV4 Freeview 26

6.00am The Big Match Revisited **8.10** Magnum, PI **9.10** Kojak **10.15** Boon **11.30** The Professionals **12.30pm** Robin of Sherwood **1.45** Magnum, PI **2.50** Kojak **4.00** **LIVE** World Series of Darts: Saudi Arabia Masters **8.00** The Motorbike Show **9.00** **FILM** The Terminator (1984/15) A cyborg from the future is sent back in time to kill a woman whose unborn son is destined to save the human race. Sci-fi thriller, with Arnold Schwarzenegger and Linda Hamilton. ★★★★★ **11.15** **FILM** Kill Bill: Volume 1 (2003/18) Martial arts thriller, starring Uma Thurman, Lucy Liu and Vivica A Fox. ★★★★★ **1.20am** Lost **2.10** Motorsport Mundial **2.35** Unwind with ITV **3.00** Teleshopping **3.30-4.00am** Unwind with ITV

5STAR Freeview 32

8.00am Bargain-Loving Brits in the Sun **10.00** Shoplifters: Caught Red Handed **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Call the Bailiffs: Time to Pay Up **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts **9.00** Ambulance: Code Red **10.00** A&E After Dark **11.00** Skin A&E **12.00m't** Cause of Death **1.00** GPs: Behind Closed Doors **2.00** VC Andrews' Heaven **3.30-4.00am** Car Pound Cops

REALLY Freeview 44

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Escape to the Country **9.00** Salvage Hunters **12.00noon** Antiques Road Trip **2.00** The Repair Shop **3.00** The Yorkshire Auction House **4.00** Long Lost Family **5.00** A Place in the Sun **6.00** Salvage Hunters **9.00** Secret Life of the Auction House **10.00** The Yorkshire Auction House **11.00** Help! My House Is Haunted **2.00am** Teleshopping **4.00-6.00am** Salvage Hunters: double bill

5ACTION Freeview 33

9.00am Entertainment News on 5 **9.10** Trucking Hell **9.25** Traffic Cops **10.25** Police Interceptors **12.30pm** **FILM** Once Upon a Time in the West (1968/15) ★★★★★ **4.00** The Motorway **5.00** Traffic Cops **6.00** Police Interceptors **8.00** Motorway Cops: Catching Britain's Speeders **9.00** Soldier: For King and Country **10.00** Warship: Life at Sea **11.00** Banged Up Abroad **12.00m't** World's Deadliest Weather: Caught on Camera **1.00** Ice Road Truckers **2.00-4.00am** Trucking Hell

SKY ARTS Freeview 36

6.00am LSO: Pappano Conducts Ravel, Say & Rachmaninoff **7.35** The Joy of Painting **9.05** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** The Directors **12.00noon** Discovering **1.00** Tales of the Unexpected **2.00** The Art of the Garden **3.00** Landscape Artist of the Year 2026 **4.00** The Directors **5.00** Discovering: John Mills **6.00** Tales of the Unexpected **7.00** Alfred Hitchcock Presents **8.00** Andre Rieu & the Dutch Royal Family **10.00** Classic FM Live: 25th Anniversary Concert **12.00m't** Cirque du Soleil: Volta **2.00** BB King: Live in Concert at the Royal Albert Hall **3.45** Lenny Henry's Got the Blues **4.45** National Treasures: The Art of Collecting **5.45-6.00am** Opera North's Resonance

Live MNF
Sky Sports Main Event, 6.30pm
Alex Scott (left) was on target when Bournemouth beat Brighton & Hove Albion at home in September. Can the Guernsey-born midfielder inspire the Cherries to another win at the Amex tonight?

U&GOLD

7.30am Ever Decreasing Circles **8.05** The Green Green Grass **8.40** The Vicar of Dibley **9.20** Are You Being Served? **10.00** Open All Hours **10.40** Keeping Up Appearances **11.20** Last of the Summer Wine **12.40pm** The Green Green Grass **1.20** Ever Decreasing Circles **2.00** The Thin Blue Line **2.40** Are You Being Served? **3.20** Open All Hours **4.00** Ever Decreasing Circles **4.40** Last of the Summer Wine **6.00** Keeping Up Appearances **6.40** Open All Hours **7.20** Dad's Army: The Lost Episodes **8.00** Fawlty Towers **10.00** Men Behaving Badly. Gary thinks Tony is gay. **10.35** Fawlty Towers **12.35am** Men Behaving Badly **1.10** Fawlty Towers **3.00-4.00am** Men Behaving Badly

U&YESTERDAY Freeview 27

6.10am Great British Railway Journeys **8.00** Bangers & Cash **10.00** Rise of the Nazis: The Downfall **11.00** Secret Nazi Bases **12.00noon** Antiques Roadshow **2.00** Bangers & Cash **4.00** Rise of the Nazis: The Downfall **5.00** Secret Nazi Bases **6.00** Antiques Roadshow **7.00** Great Canal Journeys **8.00** Sacred Rivers with Simon Reeve **9.00** Russia with Simon Reeve. From Crimea to St Petersburg. **10.00** Bangers & Cash **1.00am** Abandoned Engineering **2.00-3.00am** Rise of the Nazis: The Downfall

U&ALIBI

7.15am Murdoch Mysteries **9.00** Father Brown **10.00** The Mentalist **11.00** Hudson & Rex **12.00noon** Miss Fisher's Murder Mysteries **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** The Mentalist **5.00** Hudson & Rex **6.00** Father Brown **7.00** Miss Fisher's Murder Mysteries **8.00** Death in Paradise **10.20** Father Brown **12.20am** So Help Me Todd **1.20** Death in Paradise **2.25-4.00am** Murdoch Mysteries

SKY MAX

6.00am Hawaii Five-0 **8.00** The Flash **9.00** Stargate SG-1 **11.00** SEAL Team **12.00noon** The Flash **1.00** Hawaii Five-0 **3.05** S.W.A.T **4.10** NCIS: Los Angeles **5.15** SEAL Team **6.15** Stargate SG-1 **8.15** Never Mind the Buzzcocks. With Shaggy, Rosie Jones and Example. **9.00** A League of Their Own: Mexican Road Trip **10.00** An Idiot Abroad **11.00** Fear the Walking Dead **12.00m't** The Force: North East **2.00** Road Wars **3.00** S.W.A.T **4.00** NCIS: Los Angeles **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am Urban Secrets **7.00** Richard E Grant's Hotel Secrets **8.00** Boardwalk Empire **10.10** The Sopranos **12.20pm** Game of Thrones **2.25** The Wire **4.35** Westworld **5.50** Deadwood **6.55** Game of Thrones **9.00** A Knight of the Seven Kingdoms **9.50** The Last of Us **11.00** Deadwood **12.10am** The Sopranos **1.20** Game of Thrones **3.30** The Guest Wing **4.30-5.00am** In Treatment

SKY WITNESS

6.00am UK Border Force **7.00** Nothing to Declare **8.00** Border Patrol **9.00** Send in the Dogs **10.00** Border Security: Canada's Front Line **11.00** A1: Britain's Longest Road **12.00noon** FBI **1.00** The Rookie **3.00** Stop, Search, Seize **4.00** Nothing to Declare **7.00** Police 24/7 **8.00** Law & Order: Criminal Intent **9.00** Blue Bloods **10.00** The Equalizer **11.00** The Rookie **12.00m't** FBI **1.00** Law & Order: Criminal Intent **2.00** Law & Order: Organized Crime **3.00** Road Wars **5.00-6.00am** Send in the Dogs

SKY COMEDY

8.00am Will & Grace **9.00** Ballers **10.15** Sex and the City **11.25** Entourage **12.30pm** Will & Grace **1.30** Sex and the City **2.40** Ballers **3.50** And Just Like That **4.40** The Office (US) **5.50** Will & Grace **6.45** Community **7.45** Sex and the City **9.00** Bill Maher: But I'm Not Wrong **10.35** And Just Like That **11.35** Community **12.35am** Entourage **1.40** Ballers **3.00** Curb Your Enthusiasm **3.40-5.00am** Silicon Valley

DISCOVERY

6.00am How Do They Do It? **7.00** Junkyard Empire **9.00** Gold Rush **11.00** Diesel Brothers **1.00pm** Deadliest Catch **3.00** How Do They Do It? **5.00** Alaska: Homestead Rescue **7.00** Wheeler Dealers **8.00** Scrapyard Dynasty **9.00** Secrets Underground **10.00** Expedition Unknown **11.00** Deadliest Catch **1.00am** Secrets Underground **2.00** Expedition Unknown **3.00** Gold Divers **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC

8.00am Britain's Greatest Machines with Chris Barrie **9.00** Air Crash Investigation: Special Report **10.00** Seconds from Disaster **11.00** WW2: Hell Under the Sea **12.00noon** World War II: Secrets from Above **1.00** Air Crash Investigation **3.00** Hitler's Last Stand: Fight to the Finish **4.00** Atomic Ghost Fleet: Drain the Oceans **5.00** Ice Road Rescue **6.00** Nazi Megastructures **7.00** Air Crash Investigation **8.00** Rebuilding Notre Dame: The Next Chapter **9.00** Rebuilding Notre Dame: The Final Chapter **10.00** Rome Underground **11.00** Air Crash Investigation **12.00m't** Car S.O.S **1.00** To Catch a Smuggler **2.30** Abandoned **3.20** Food Factory **4.10-5.00am** When Sharks Attack

Radio

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Radio 1 Breakfast with Dean McCullough **10.30** Newsbeat **10.33** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.30** Newsbeat **3.33** Going Home with Katie and Jerry **5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Future Artists with Sian Eleri **10.00** Radio 1's Power Down Playlist with Sian Eleri **11.00** Rock Show with Daniel P Carter **1.00am** BBC Introducing Rock on Radio 1 with Alyx Holcombe **2.00** Radio 1 Anthems **4.00** Radio 1 Pop Anthems **5.00-6.58am** Radio 1 Early Breakfast with Dean McCullough

BBC RADIO 2

88-91MHz 6.30am The Scott Mills Breakfast Show **9.30** Vernon Kay **12.00noon** Tina Daheley **2.00** Trevor Nelson **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whiley's Shiny Happy Playlist **7.30** Jo Whiley **9.00** The Blues Show with Cerys Matthews **10.00** The Good Groove with DJ Spoony **12.00m't** OJ Borg **2.30** One Hit Wonders with OJ Borg **3.00** Piano Room **4.00-6.30am** Owain Wyn Evans

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.30** Essential Classics **1.00pm** Classical Live **4.00** Composer of the Week: Dvorak **5.00** In Tune **7.00** Classical Mixtape **7.30** Radio 3 in Concert **9.45** The Essay: Stories from the Museum of Music History **10.00** Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night. Easy listening.

CHOICE
The Blues Show
With Cerys Matthews
Radio 2, 9pm
James Hunter plays some of his favourite blues records. James is currently touring with the James Hunter Six after releasing *Off The Fence*, an LP that marks 40 years since he made his recording debut and one which features a duet with Van Morrison.

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** Start the Week **9.45** Cafe Hope **10.00** Woman's Hour **11.00** An American Journey **11.45** The Trust Shift **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** US Foreign Policy in Five Doctrines **2.00** The Archers **2.15** Disordered **2.45** Opening Lines **3.00** Great Lives **3.30** You're Dead to Me **4.00** Currently: Inside ARIA **4.30** Soul Music **5.00** PM **5.57** Weather **6.00** News **6.30** The Unbelievable Truth **7.00** The Archers **7.15** Front Row **8.00** Rethink **8.30** BBC Inside Science **9.00** Start the Week **9.45** Cafe Hope **10.00** The World Tonight **10.45** Book at Bedtime: The Memory Police **11.00** Tom Clancy's Splinter Cell: Firewall **11.30** Today in Parliament **12.00m't** News **12.30** The Trust Shift **12.48** Shipping Forecast **1.00** As BBC World Service **5.00** News Summary **5.04** Yesterday in Parliament. Political update. **5.32** Weather **5.34** Shipping Forecast **5.43** Prayer for the Day **5.45-6.00am** Farming Today

BBC RADIO 5 LIVE

693/909kHz 6.00am Breakfast **9.00** Nicky Campbell **11.00** Naga Munchetty **2.00pm** Matt Chorley **4.00** 5 Live Drive **7.00** 5 Live Sport: The Monday Night Club **9.00** 5 Live Sport **10.00** Tony Livesey **1.00am** Dotun Adebayo **5.00-6.00am** Wake Up to Money

BBC RADIO WALES

FM: 94.6MHz 6.00am Radio Wales News Update **6.05** Wake Up with Radio Wales **6.31** Books That Made Me with Lucy Owen **7.00** Radio Wales Breakfast **9.00** Bronwen Lewis **11.59** The Phone In **2.00pm** Behnaz Akhgar **5.00** Radio Wales Drive **6.30** When Priya and Leila Met Santes Dwynwen **7.00** Huw Stephens **10.00** Eleri Sion **12.00m't-1.00am** Relax with Radio Wales

CLASSIC FM

100-102MHz 6.30am Classic FM Breakfast with Dan Walker **9.00** The Classic FM Hall of Fame Hour **10.00** Alexander Armstrong **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Relaxing Evenings **10.00** Calm Classics **1.00-4.00am** Bill Overton

ABSOLUTE RADIO

DAB 6.00am Dave Berry **10.00** Leona Graham **1.00pm** Ben Burrell **4.00** Bush and Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1.00-6.00am** Dan Noble

Movies

FILM4

11.00am Dancing at Lughnasa (1998/PG) Period drama, with Michael Gambon. ★★★

1.00pm The Bravados (1958/PG) Western, starring Gregory Peck and Joan Collins. ★★

3.00 Winchester '73 (1950/U) Western, starring James Stewart and Shelley Winters. ★★★★

4.50 Guadalcanal Diary (1943/PG) Second World War drama, with Preston Foster, Anthony Quinn and Lloyd Nolan. ★★★★

6.40 Jumanji: The Next Level (2019/12) Fantasy adventure sequel, starring Dwayne Johnson and Karen Gillan. ★★★★

9.00 The Contractor (2022/15) Drama, starring Chris Pine and Gillian Jacobs. ★★★

11.05 Commando (1985/18) Action adventure, starring Arnold Schwarzenegger. ★★★★

12.55-3.05am Les Miserables (2019/15) Thriller, starring Damien Bonnard. ★★★

SKY CINEMA PREMIERE

6.50am Beast of War (2025/15) See 12.20am. ★★

8.25 Smurfs (2025/PG) See 6.20pm. ★★★

10.05 The Ballad of Wallis Island (2025/12) See 8.00pm. ★★★★

11.50 Cookster: The Darkest Days (2024/15) See 2.05am. ★★★

2.00pm Nuremberg (2025/15) See 9.45pm. ★★★★

4.30 The Phoenician Scheme (2025/15) Comedy, starring Benicio Del Toro. ★★★★

6.20 Smurfs (2025/PG) Fantasy comedy, featuring the voice of James Corden. ★★★

8.00 The Ballad of Wallis Island (2025/12) Old tensions resurface when ex-bandmates who were former lovers reunite for a private show at the island home of an eccentric millionaire. Comedy, starring Tim Key. ★★★★

9.45 Nuremberg (2025/15) Thriller, starring Russell Crowe and Rami Malek. ★★★★

12.20am Beast of War (2025/15) Thriller, with Mark Coles Smith and Joel Nankervis. ★★

2.05 Cookster: The Darkest Days (2024/15) Drama, starring Craige Middleburg. ★★★

4.15-6.00am Borderline (2025/15) Dark comedy horror, with Samara Weaving. ★★★

SKY CINEMA DRAMA

5.50pm Cool Hand Luke (1967/15) Drama, with Paul Newman and JD Cannon. ★★★★★

8.00 Jerry Maguire (1996/15) Cameron Crowe's romantic comedy drama, with Tom Cruise and Renee Zellweger. ★★★★★

10.25 PS I Love You (2007/12) Drama, with Hilary Swank and Gerard Butler. ★★★★

12.35am Babylon (1980/18) Drama, with Brinsley Forde and Karl Howman. ★★★

2.15 The Good Half (2023/15) Drama, with Brittany Snow and Nick Jonas. ★★★

4.00-6.20am Jerry Maguire (1996/15) See 8.00pm. ★★★★★

SKY CINEMA FAMILY

4.15pm Babe (1995/U) Comedy, with James Cromwell and Magda Szubanski. ★★★★★

6.00 Hook (1991/U) Peter Pan adventure, with Robin Williams and Dustin Hoffman. ★★★

8.30 The Amazing Spider-Man 2 (2014/12) Superhero adventure sequel, starring Andrew Garfield and Emma Stone. ★★★★

10.55 Save the Cinema (2022/12) Drama, with Samantha Morton and Tom Felton. ★★★

12.50am The Last Airbender (2010/PG) Fantasy adventure, with Noah Ringer. ★★★

2.35 Friend or Foe (1982/U) Family drama, with John Bardon and Stacey Tendeter. ★★★

3.50 Blithe Spirit (2020/12) Comedy, starring Isla Fisher and Dan Stevens. ★★★★

5.35-7.30am It Takes Two (1996/U) Children's comedy, starring Kirstie Alley. ★★

TALKING PICTURES TV

5.30pm Bonanza Western drama series.

7.00 The Footage Detectives Archive films.

8.00 Reckless Romantic drama series.

9.05 Gideon's Way Police drama.

10.05 Remember My Name (1978/15) Satirical drama, starring Geraldine Chaplin. ★★★

12.05am The Lineup (1958/PG) Crime drama, starring Eli Wallach and Robert Keith. ★★★

1.50 At War with the Army (1950/U) Comedy, starring Dean Martin and Jerry Lewis. ★★★

3.40-5.15am Rose of Cimarron (1952/U) Western, starring Mala Powers. ★★

GREAT! MYSTERY

4.00pm Diagnosis Murder A singer is stalked.

5.00 Murder, She Wrote Angela Lansbury stars.

6.00 Sue Thomas: FBEye Crime drama.

7.00 Castle American crime drama.

8.00 Unforgettable Poppy Montgomery stars.

9.00 Flower Shop Mystery: Dearly Depotted (2016/PG) Mystery drama sequel, starring Brooke Shields and Brennan Elliott. ★★★

10.55 An Aurora Teagarden Mystery: The Disappearing Game (2018/PG) Crime drama, starring Candace Cameron Bure. ★★

12.45am Murder at the Mansion (2018/PG) Thriller, starring Anna Hutchison. ★★★

2.35 Forgotten Abduction (2020) Thriller, starring Heather McComb. ★★

4.00-6.00am A Wedding to Die For (2017) Crime drama, starring Brittany Underwood, Charlene Amoia and Cameron Jebo. ★★★

ADVERTISEMENT

New Lung-Strengthening device helping Long Covid and COPD sufferers

A new, simple, home device is helping thousands of people across the UK breathe easier – and it's not a drug, not an inhaler, and takes only minutes a day. *Sarah Evans, 52*

Sarah says: "It was like my chest and airways had opened up. That heavy, trapped feeling eased…"

"I NEVER imagined that this simple device could change my life so dramatically.

"When I caught Covid in 2021, I expected the usual fatigue and breathlessness for a few weeks. What I didn't expect was that the breathlessness would cling on for years. It felt like someone had put a weight on my chest that never lifted.

"Walking upstairs became something I had to "plan." Carrying shopping made my chest tighten. Even sitting on the sofa having a chat sometimes left me. I kept telling myself it would pass – but it didn't. My GP was sympathetic, but told me many people were still experiencing "long-term respiratory weakness." Helpful to know… but not helpful to live with.

"As time went on, I felt my world getting smaller. I stopped going on walks with my daughter. I avoided long days out. Even the simplest chores took more out of me than they should. I was 52, but felt 92.

"Then one morning, I read about a device that respiratory physiotherapists had been using quietly for years – something called *Breathe-Clear*. You blow into a small pipe, a ball rises, and over time this helps strengthen the breathing muscles. I thought it sounded ridiculous. But physios had been using it for years and people were reporting incredible improvements, in just a few weeks and some in days!

"With a 90-day guarantee, I decided I had nothing to lose, so I ordered one."

"Within two weeks I could finally take a deep breath again…"

"The very first time I tried it, I could barely get the ball to move. I didn't realise how weak my lungs had become until that moment.

"But I stuck with it – using it for two or three minutes a day, no more than brushing my teeth. After a few days, I noticed a slight change. I climbed the stairs one morning and reached the top I wasn't gasping as usual. A small change… it was a clear and noticeable improvement.

"After two weeks, I took my first proper deep breath since Covid. It was like my chest and airways had opened up. That heavy, trapped feeling eased, and for the first time in years, I felt hopeful.

"Three months later, I'm back to morning walks, I'm doing the housework without constant breaks, and I don't feel concerned about my breathing anymore. I feel like myself old self again."

Another remarkable story

– David, 68

"I suffered with breathlessness for years which I blame on my job as a plasterer. Two years ago I was diagnosed with COPD, it was so bad that it stopped me doing just about everything.

"Even going upstairs left me gasping for air. My chesty cough kept my wife Anna awake most nights. I tried all kinds of treatments, but nothing seemed to help.

"Then Anna read about *Breathe-Clear*, a device that could help COPD, so she ordered one for me. I was sceptical, but I gave it a try. Within a week, I was coughing less, sleeping better, and breathing more freely. After three months, I feel better than I have in years. Even my hospital check-up showed a real improvement.

"I can now breathe easily and I'm much more active. Thanks to Anna's smart purchase and persistence, I feel like we've been given a second chance in life. And I am going to grab it!"

■ The Breathe-Clear is available on a 90-day Risk-Free Trial from Branshaws – to order call FREEPHONE 0800 138 4900. They are running a special offer: BUY TWO AND GET ONE FREE.

Why does this simple device work when nothing else has?

People suffering from asthma, COPD, chronic bronchitis, smokers' cough, breathlessness, and especially Long Covid, share one common problem. Their lungs and supporting muscles weaken over time from only partial use, making every breath much harder work.

Breathe-Clear strengthens them naturally using gentle resistance – think of it like a weight session for your lungs. When you train them every day, they get stronger and stronger.

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No complicated routine.
Just a few minutes a day.

Simple, Natural & Proven

Breathe-Clear will help with:

- Deeper, easier breathing
- Less coughing
- More stamina
- Better sleep
- Greater confidence moving around
- Feeling "more like yourself again"

For many people, this device has been life-altering.

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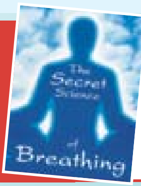

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Letters

Edited by GREG MORGAN

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Farage betrays his voters' trust with 'fraud' Jenrick

ROBERT Jenrick, another Conservative rat jumping the sinking ship.

He has now joined Reform UK, even though last year Nigel Farage called him a "fraud".

Why, when Reform said it wanted to bring trust, honesty and respect back to Parliament, where MPs represent the best interests of the people who elect them not their own glorification and ambitions, would it allow Jenrick to join?

Farage now betrays those very principles by having every deserting Tory who joins Reform when they simply want to remain in the Westminster trough.

Peter Morgan,
Shrewsbury, Salop

Call by-election when MP does a flit to new party

WITH Robert Jenrick and others changing their allegiance from one party to another, surely now is the time for our weak PM to change the law so that any MP who wishes to move from one party to another must resign and face a by-election.

After all, most MPs are elected to represent a certain political party and not their personality. Just look at the faceless Labour MPs who were elected in 2024's election. By taking part in a by-election it would also show how much discontent there is in this Parliament.

David Sallis,
Byfleet, Surrey

Conservatives sold us out more than 'Judas' Robert

LISTENING to a member of the Shadow Cabinet on the radio last week calling Robert Jenrick a "Judas", I was struck by the Tories' complete lack of self-awareness.

It is only because the Conservative Party has, over 14 years, repeatedly promised to reduce immigration and has not merely failed to do so, but during the "Boris wave" actually raised it far beyond anything previously seen so that Reform UK has become a major party.

As a result, much of the British public views the Tories as a party of Judases. At the same time, they see Jenrick as being on the side of the angels, because he sincerely wants to control immigration.

Otto Inglis,
Crossgates, Fife

What's next, Nigel offers Starmer and Reeves a job?

I HAVE to agree with Leo McKinstry regarding the news of Nadhim Zahawi joining Reform UK, and much the same with Robert Jenrick ("New recruit is Nadhim to write home about...", January 16).

Nigel Farage's point regarding experience of government is well made, but there's no point taking on people who have made a hash of the job. After all, would he take on Keir Starmer or Rachel Reeves if they turned up on his doorstep asking for a job?

Barrie Warren,
Bury, Lancs

LETTER OF THE DAY

SHAKE ON IT: Robert Jenrick and Nigel Farage

Sinking ship? Reform UK is just Tories 2.0

I HAVE little time for politics, and even less for our present leader Keir Starmer, but he said the Tories are a "sinking ship" and that's not far from the truth ("Jenrick joins Reform with a blast at 'rotten' Tories", January 16).

As one who would hope that things might change for the better, moving away from established politics, I now have a sinking feeling all will remain with Reform becoming a watered down version of the Tories.

I feel sorry for Robert Jenrick's electorate, "ship jumpers" should have the guts to resign and put themselves forward for a new vote. He has mocked those who put him there.

Kemi Badenoch has done herself no harm at all and says it how it should be said.

Colin Clifforth,
South Benfleet, Essex

Kemi's the next 'Maggie' after her show of strength

BRITAIN has found a leader with guts, principles, understanding and willingness to bring our country back to the people.

Kemi Badenoch, stand up. You are proving to be a breath of fresh spring air to the political shambles served up by this contemptible, out-of-touch Labour morass.

In sacking Robert Jenrick, Kemi has shown the public true British strength, a true "Maggie" in the making. Thank, you Kemi.

Tony Moore,
Southport, Merseyside

Badenoch's mud-slinging will return to haunt her

AS A boss for 40 years, I always made sure people were good joiners and good leavers. To indulge in mud-slinging is not the way to conduct oneself, and one day will come back to bite you.

Bad mistake, Kemi.

Ken Joseph,
Epsom, Surrey

Trump, it's not called the Nobel Appeasement Prize

YOU can give away your dignity or a symbol of your achievements but the recipient doesn't then get these qualities inferred upon them ("Trump Nobel Peace Prize move sparks 15-word pointed reaction from Nobel committee", January 16). The Venezuelan opposition leader Maria Corina Machado has passed on her Nobel Peace award to Donald Trump, a person not deserving it based on his recent actions. It is an unworthy political stunt by a desperate leader.

If Usain Bolt gave his 100m Olympic gold medal to Trump he wouldn't he able to run it in 9.58 seconds, given he probably can't run at all.

Dennis Fitzgerald,
Melbourne, Australia

Many OAPs living the life of Riley in £10k homes

PENSIONERS living in poverty? Not all of them. There are many retired people who bought homes in the 1960s and 1970s for £5-£10,000, paid for them in their middle age, then bought a second home to rent out or saved for their retirement. We don't see them protesting ("Elderly living in poverty 'could exceed 2 million'", January 14).

Those who have been paying rent all their lives are many of the poorest retired folk.

We are now seeing young people who can't afford to buy a house so have to rent. When they get to retirement age, they will have to rely on housing benefits. The state could do well to build proper affordable homes now with the capital they will be spending on benefits in the future.

Laurence Keeley,
Herstmonceux, E Sussex

Waiting lists will shorten if NHS kicks millions off

PERMIT me to be cynical. I have had my hospital appointment cancelled, as has a friend. Hey presto! Two people less waiting, apply a multiplier and the lists are down ("NHS waiting lists drop to a three-year low", January 16).

Bill Young,
Winsford, Cheshire

Leaders need eye tests – under-25s real menace

WHILE the Government is busy with eye tests for older people, why is no one looking into the serious accidents caused by younger drivers ("Over-70s may face 'insulting' bills for driver eyesight test", January 15)? A number of under-25s don't seem to understand the speed limits on roads, with disastrous results.

Margaret Hardman,
Stockport, Cheshire

YOU WOULDN'T LET A DOG DIE IN AGONY, GRANT US SOME DIGNITY

THE Lords are debating the assisted dying bill, but what is there to debate ("Lords extend debate time for assisted dying bill", January 16)?

If a human being is in continuous, terrible pain and is not going to get better, the decision is more than obvious because any compassionate human would not let even a dog die in pain.

Unfortunately their decision will probably not affect the Lords themselves, who most likely have paid family GPs who could make their own exit very peaceful, without any questions.

Robert Beveridge,
Colne, Lancs

GEOFF
YES T CHOICE
JUDITH
TOM
VOTE YES TO ASSISTED DYING
CAMPAIGN FOR DIGNITY IN DYING
CAMPAIGN FOR ALISON
OL KEITH
CAMPAIGN FOR

TODAY: Monday January 19, 2026

ON THIS DAY

DAILY EXPRESS
9.12 pm:
GAITSKELL DEAD

63 years ago (1963)

We announced Labour leader Hugh Gaitskell, 56, had died of heart failure with his wife Dora at his side.

He had been admitted to London's Middlesex Hospital 15 days previously with a lung infection which caused inflammation of the heart and kidney failure. We said he showed great "fortitude" as he battled for life. Gaitskell was succeeded by deputy leader George Brown.

109 years ago (1917)

Seventy-three died and more than 400 were injured in an explosion at a munitions factory in Silvertown in east London.

The plant was manufacturing explosives for use by the Allies in the First World War when 50 tons of TNT was ignited by a fire which destroyed the plant and surrounding buildings, including the Silvertown fire station.

45 years ago (1981)

US and Iranian officials signed an agreement to release 52 US hostages after 14 months of captivity. The hostages were seized when armed supporters of Iran's leader Ayatollah Khomeini stormed the US Embassy. Ten days after their release they were given a ticker-tape parade through New York.

BIRTHDAYS

Ex-F1 driver **Jenson Button** is 46. He failed his first driving test.

Conductor **Sir Simon Rattle** is 71. His first conducting role was at 13.

Former Speaker of the House **John Bercow** is 63. He was a tennis ace.

Actress **Katey Sagal** is 72. She played Peggy Bundy on the sitcom Married... With Children.

TODAY'S GIGGLE

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ALCOHOL & LICENSING

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I/we **Music and Arts Production Leeds** have made an application under Section 34 of the Licensing Act 2003 to vary the premises licence held in respect of the premises known as: **Part Ground Floor**, Hope House, 65 Mabgate, Leeds, LS9 7DR I intend to conduct on or from the premises the following licensable activities: Proposed variation details: Sale of alcohol from 5pm (change from 6pm) on Mon- Fri Responsible authorities or any other person may make written representations to Leeds City Council about this application until 12/02/2026 which should be sent to Entertainment Licensing, Leeds City Council, Civic Hall, Leeds, LS1 1UR For full details and to view a copy of the application please contact Entertainment Licensing on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on conviction for this offence is an unlimited fine.

Sex, Drugs and Walking Sticks

by Dr Miriam Stoppard

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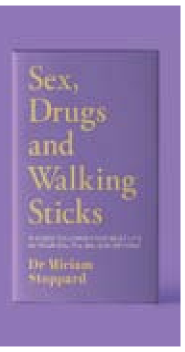

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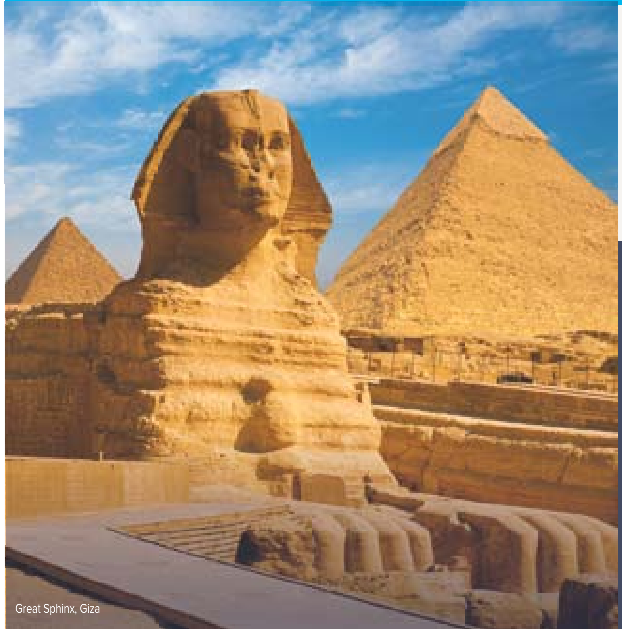

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HILL AT CROSSROADS

Constitution can be star on the Flat – Buckley

By **David Yates**

CONSTITUTION HILL will have no problem carving out a career on the Flat – provided he doesn't "find a reason to fall over" on his debut in the sphere at Southwell next month.

A great career over hurdles – highlighted by a brilliant Champion Hurdle triumph in 2023 – has been derailed by jumping problems that have seen the Nicky Henderson-trained nine-year-old take heavy falls in three of his last four starts.

Henderson and the gelding's owner Michael Buckley, below, have opted for a change of codes, with Constitution Hill due to start out on Southwell's Friday Night Live Card on February 20.

And Buckley is adamant his pride and joy can make a success of the venture – albeit that the new endeavour makes for "a bizarre state of affairs".

"The horse has only had a dozen races in his life and he's in great shape," said the veteran owner.

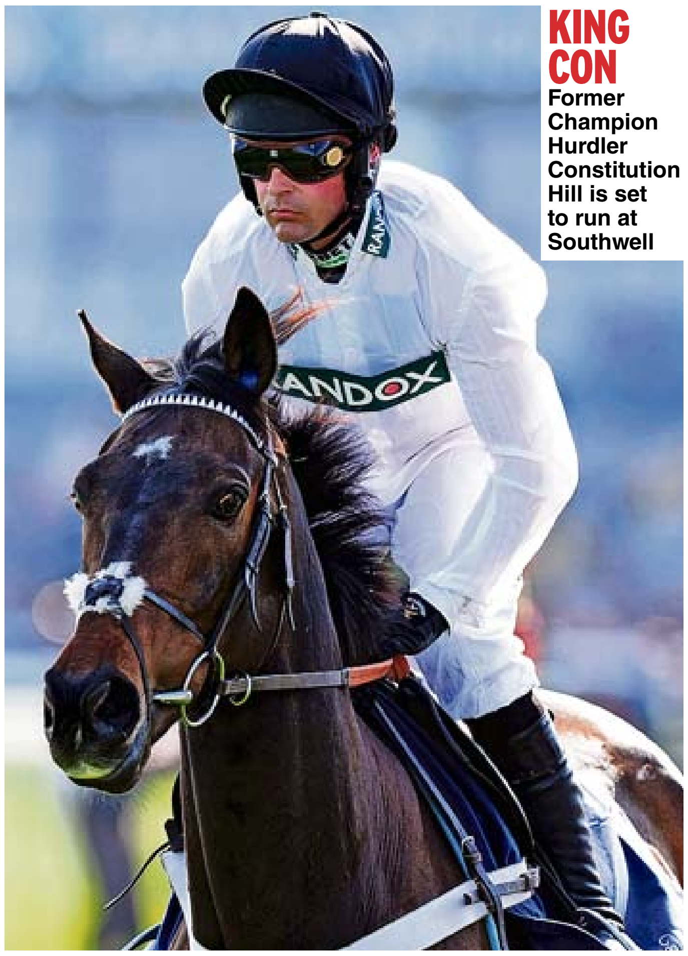
"I don't think he'll have any trouble at all racing on the Flat, personally. I've seen him work and seen what he can do.

"He needs to do something and at the moment he seems reluctant to jump more than one hurdle – hopefully he will not find a reason to fall over at Southwell!"

Buckley added: "He's the age he is but he hasn't had much racing and most of his races he's won very, very easily – although you take a lot out of yourself to win in the way he has.

"It's a bizarre state of affairs to be as spectacular as he was and then, in three of his last races, he's fallen.

"He's an exceptional animal, so I'm looking forward to it."



KING CON Former Champion Hurdler Constitution Hill is set to run at Southwell

Protektorat breaks £1 million milestone

By **David Yates**

PROTEKTORAT made it to millionaire's row with a valiant title defence in the Fitzdares Fleur De Lys Chase at Windsor.

The 11-year-old, under Harry Skelton, below, scored by three and three-quarter lengths and banked the £85,849.50 winner's prize that took his career earnings to £1,007,059.

"He is the hardest ride as a jockey I will ever had," said Skelton. "He runs with his head to one side and he can be very keen early on.

"But he has the constitution and the will to win. He is a warrior and now he's a millionaire."

❐ **HARRY COBDEN** is still "a bit sore" and will be out of action "for a few days" says his agent, Sam Stronge, after the fall that ruled him out of the ride aboard Jonbon in Saturday's Clarence House Chase at Ascot.

❐ **GARY MOORE** paid tribute to "a horse of a lifetime" after stable stalwart Goshen, the winner of 11 of his 41 races, was retired from racing.

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THE SCOUT

1.08	Apache Green	3.08	Up The Agenda
1.38	Magna	3.38	Your Love
2.08	Distorted Truth	4.08	Lerwick
2.38	Siouxfonic		

1.08 RACINGTV.COM HANDICAP
£3,140 (Class 6) 1m (8 declared)

1	(8)	68L95-2	● **APACHE GREEN (13)** S Woods 4 9-9	**K O'Neill**	72
2	(4)	L205-32	**SUPER HIT (9) (D,F)** Darryll Holland 5 9-8	**O Murphy**	73
3	(6)	9588U-7	**TOKEN GESTURE (13) (C)** M Usher 4 9-7	**H Doyle**	73
4	(5)	84472-6	**EQUION (13) (D)** A Carroll 8 9-7	**L Morris**	72
5	(3)	010890-	**PURPLE SKY (94)** Joe Ponting 5 9-5	**C Bishop**	69
6	(7)	LL3378-	**MBAPPE (23) (C,D)** M Loughnane 5 9-3	**E Greatrex**	★76
7	(1)	453127-	**VILLALOBOS (33) (C&D)** S Hodgson 7 9-2	**A Rawlinson**	75
8	(2)	65L-7	**HOPJES (12)** H Dickin 6 9-1	**T Cameron(7)**	70

BLINKERS: No. 1 VISOR: No. 7 TONGUE STRAP: Nos. 2, 5 CHEEK PIECES: Nos. 2, 3, 8.

SP FORECAST: 11-8 Super Hit, 10-3 Apache Green, 11-2 Villalobos, 15-2 Equion, 10 Mbappe, 16 Token Gesture, Hopjes, 20 Purple Sky.

2025: Beauty Generation 4-9-8, Marco Ghiani 15-8 Fav (M Botti), drawn (9), 9 ran.

1.38 HANDICAP
£3,140 (6) 6f (8)

1	(5)	05251-1	● **MAGNA (15) (C&D)** A Carroll 4 9-9	**O Murphy**	63
2	(7)	7L/6205-	**RESPECTABLE JACK (46)** M Crawley 5 9-9	**S Osborne**	65
3	(4)	12295-4	**SMASHER (11) (C&D)** M Attwater 6 9-7	**W Carson**	★67
4	(1)	77074-6	**HORUS (15) (D)** M Murphy 4 9-6	**H Doyle**	62
5	(2)	1679LL-	**CONQUEST OF POWER (90) (D)** M Usher 6 9-4	**P Bradley**	53
6	(6)	LL287-4	**DR ALI (9)** J R Jenkins 4 9-2	**J Peate**	66
7	(3)	88L49-5	**STRAIGHT BACK UP (4)** Dr R Newland & J Insole 4 9-1	**Lloyd Applegate(7)**	64
8	(8)	7LU4-5L	**MIRAFLORES (9)** R Cook & J Bridger 4 9-0	**K O'Neill**	62

BLINKERS: No. 7 TONGUE STRAP: Nos. 2, 4, 8 CHEEK PIECES: Nos. 3, 4, 6.

SP FORECAST: 7-4 Magna, 7-2 Respectable Jack, Smasher, 7 Dr Ali, 12 Horus, 14 Straight Back Up, 16 Miraflores, 25 Conquest Of Power.

2025: Brunel Charm 8-9-6, Marco Ghiani 6-1 (C Wallis), drawn (9), 9 ran.

2.08 MAIDEN FILLIES' STAKES (GBBPLUS RACE)
3YO £6,480 (3)1m 2f 219yds (9)

1	(5)	L8-	**AL AMIRAH (46)** I Mohammed 9-2	**S D Bowen**	65
2	(8)		● **DISTORTED TRUTH (F) (T)** K R Burke 9-2	**P-L Jamin**	–
3	(7)		**ECHO VALLEY** T Symonds 9-2	**C Hutchinson**	–
4	(3)	7-	**FIVE MOONS (30)** S & E Crisford 9-2	**H Davies**	49
5	(9)		**GALISTRA** R Beckett 9-2	**H Crouch**	–
6	(6)		**GLAMEROUS** M Attwater 9-2	**W Carson**	–
7	(4)	8-	**HELGA (31) (F)** A Balding 9-2	**O Murphy**	62
8	(2)	4-	**MISTY COVE (33)** G Cromwell (IRE) 9-2	**S Osborne**	★74
9	(1)	LL-	**PEAS AND QUEUES (20)** J S Moore 9-2	**K O'Neill**	45

SP FORECAST: 15-8 Misty Cove, 5-2 Distorted Truth, 11-4 Galistra, 6 Helga, 16 Five Moons, 33 Echo Valley, Glamerous, 50 Al Amirah, 66 Peas And Queues.

2.38 NOVICE STAKES (GBBPLUS RACE)
£6,480 (3) 1m 2f 219yds (10)

1	(8)	21-	● **SIOUXFONIC (35) (F)** James Owen 5 9-13	**P Cosgrave**	82
2	(10)	L-	**LION CITY (33)** C Ellam 6 9-6	**B Ffrench-Davis(5)**	54
3	(3)	530L54-	**ABANDO (102)** J Osborne 4 9-4	**S Osborne**	★100
4	(7)	442-	**CALIBAN (35) (F)** A Balding 4 9-4	**O Murphy**	88
5	(9)	6-L	**IMPERIAL DECISION (9)** Kieran Burke 4 9-4	**Georgia Dobie**	66
6	(2)	4-	**JOHN GALT (35)** J Osborne 4 9-4	**D Muscutt**	68
7	(1)	75-	**KING'S CRUISER (35)** M Botti 4 9-4	**L Morris**	65
8	(6)		**IMPERIAL JADE (J36)** C Longsdon 7 9-1	**C Hutchinson**	–
9	(5)	3-	**AETHELTHRYTH (54)** Tom Clover 4 8-13	**H Davies**	85
10	(4)	0/	**SUMMER APPEAL (439)** W Muir & C Grassick 4 8-13	**L Edmunds**	–

TONGUE STRAP: No. 5 CHEEK PIECES: Nos. 5, 7 HOOD: No. 10.

SP FORECAST: 2 Caliban, 5-2 Siouxfonic, 7-2 Aethelthryth, 6 Abando, 14 Imperial Decision, John Galt, 20 King's Cruiser, 33 Imperial Jade, 100 Others.

3.08 HANDICAP 3YO
£4,187 (5) 6f (7)

1	(3)	410113-	● **UP THE AGENDA (19) (D)** J Morland 9-9	**D Muscutt**	76
2	(1)	044-	**UNIONVILLE (131)** M Attwater 9-6	**W Carson**	74
3	(6)	50165-	**MIGHTY VEGA (19) (C&D)** Lemos Souza 9-5	**G Wood**	77
4	(2)	14L4-2	**SPACE BEAR (13)** M Botti 9-5	**L Morris**	★79
5	(7)	3L3L-L	**UNITER (18)** A Balding 9-3	**O Murphy**	72
6	(5)	356-	**SAXON PRINCE (31)** C Cox 9-2	**H Crouch**	78
7	(4)	931533-	**CANYOUHEARTHEDRUMS (28)** E J-Houghton 9-1	**C Bishop**	78

BLINKERS: No. 5 TONGUE STRAP: Nos. 3, 7 CHEEK PIECES: No. 7.

SP FORECAST: 7-2 Saxon Prince, 4 Up The Agenda, 9-2 Space Bear, 11-2 Canyouhearthedrums, 6 Unionville, 7 Uniter, Mighty Vega.

3.38 FILLIES' HANDICAP
£6,281 (4) 6f (7)

1	(4)	419486-	**SHALLOW (98) (C&D)** R Spencer 5 9-9	**S Osborne**	85
2	(5)	125595-	**CRESSIDA WILDES (35)** P McEntee 4 9-7	**H Crouch**	★87
3	(1)	352152-	● **YOUR LOVE (22) (D)** R Spencer 4 9-6	**G Wood**	85
4	(2)	811137	**GOGO YUBARI (2) (D)** A Carroll 5 9-6(5ex)	**O Murphy**	82
5	(6)	54LL61-	**HANDLE WITH CARE (19) (D,F)** M Botti 4 9-5	**H Doyle**	84
6	(7)	70L835-	**SEARCHINGTHEBLUES (24) (C)** M Usher 4 9-1	**T Heard**	85
7	(3)	3L6227-	**COURT DRIVE (24) (C&D)** G Kelleway 5 8-12	**L Morris**	86

BLINKERS: No. 7 VISOR: No. 2 CHEEK PIECES: No. 5.

SP FORECAST: 9-4 Handle With Care, 11-4 Your Love, 7-2 Shallow, 6 Court Drive, 8 Gogo Yubari, 20 Searchingtheblues, Cressida Wildes.

2025: Shallow 4-9-3, George Wood 7-2 (R Spencer), drawn (4), 5 ran.

4.08 HANDICAP
£4,187 (5) 7f (11)

1	(1)	00/1422-	**I'M WORKIN ON IT (22) (C&D)** B Millman 4 9-9	**L Edmunds**	78
2	(9)	140L0-7	**RIOT (17) (C&D)** C Wallis 9 9-9	**S Osborne**	72
3	(11)	797463-	● **LERWICK (40)** M Loughnane 6 9-9	**E Greatrex**	77
4	(7)	62/6L-	**KEV (40)** T Ward 4 9-7	**A Voikhansky**	65
5	(2)	15008-6	**PARTY BEAR (16) (D) (T)** K R Burke 4 9-7	**P-L Jamin**	70
6	(8)	3L6494-	**NEYVA'S ANGEL (80)** Martin Dunne 4 9-7	**D Keenan**	70
7	(5)	598453-	**KING DAVID (22) (C&D,F)** G Kelleway 5 9-5	**L Morris**	78
8	(10)	19899L-	**EXPOSAY (35) (D)** D Loughnane 4 9-2	**A Egan(7)**	78
9	(3)	16600-L	**SATURN SEVEN (13) (D)** R Burdon 6 9-1	**G Wood**	79
10	(4)	965640/	**DAYMAN (397) (C&D)** D F Davis 7 8-11	**H Doyle**	–
11	(6)	37220-3	**DANEHILL STAR (12)** A Carroll 5 8-10	**W Carson**	★80

BLINKERS: No. 3 TONGUE STRAP: Nos. 2, 9 CHEEK PIECES: Nos. 5, 7 EYE COVERS: No. 8 HOOD: No. 9.

SP FORECAST: 3 I'm Workin On It, 4 Lerwick, 9-2 King David, 6 Danehill Star, 15-2 Party Bear, 8 Neyva's Angel, 14 Dayman, 20 Riot, 25 Others.

2025: Arctician 7-9-6, Paddy Bradley 11-1 (S Dow), drawn (9), 9 ran.

TRACK FACTS: GOING: Standard. Right Handed. **TOP TRACK JOCKEY (2021-26):** Oisin Murphy 23% Strike rate. **TOP TRACK TRAINER (2021-26):** A Balding 16% Strike rate. **FIRST TIME:** 1.38 Straight Back Up (blinkers), 2.38 Summer Appeal (hood), 3.08 Mighty Vega (tongue strap), 3.38 Handle With Care (cheek pieces), 4.08 Exposay (eye shields), Party Bear (cheek pieces). **BEATEN FAVOURITES:** 1.08 Villalobos(hcp). 3.38 Shallow(hcp). **DRAW:** No advantage. **LONGEST TRAVELLER:** **Misty Cove** (2.08) Ireland; **Distorted Truth** (2.08) & **Party Bear** (4.08) 245 miles. **STABLE SWITCH:** 1.08 **Purple Sky** from J S Bolger in Ireland to Joe Ponting. 2.38 **Abando** from M Botti to J Osborne. 3.08 **Unionville** from J Harrington in Ireland to M Attwater.

RESULTS

FAKENHAM: Good to soft-soft in places

12.30—BELCAMO (T McCain-Mitchell, 9-1) 1; Lord Of The Glance (5-1) 2; Path Of Stars (13-2) 3. H'cap 5 ran. 1¼l, 6½l. (A Hales; 13-8 fav Lusso Milan). Tote: £10.50; pl £3.20, £2.50. exacta: £46.30. trifecta: £197.00. CSF: £49.24.

1.00—APIECEOVFORTUNE (Paul O'Brien, 15-8 fav) 1; Getaway With You (4-1) 2; Lelantos (3-1) 3. H'cap 4 ran. 1½l, 11l. (Mrs P Sly). Tote: £2.88; exacta: £8.60. trifecta: £16.00. CSF: £8.97. Non-runner: Castanea Breeze.

1.30—KING JON OLIVER (R T Dunne, 5-2 2nd fav) 1; Clay Pigeons (4-11 fav) 2; Oneinthewell (20-1) 3. 7 ran. 7½l, 5½l. (O Murphy). Tote: £3.50; pl £1.30, £1.10. exacta: £4.30. trifecta: £11.00. CSF: £4.11.

2.05—MISS CYNTHIA (T Durrell, 13-2) 1; Looking As You Are (11-2) 2; Apples Moon (7-2 2nd fav) 3. H'cap 7 ran. 7l, 1¼l. (D Skelton; 3-1 fav Princess Keri). Tote: £7.50; pl £2.20, £2.60. exacta: £36.20. trifecta: £187.20. CSF: £40.62.

2.40—BELLE MONTROSE (K Brogan, 40-1) 1; Sainte Doctor (3-1 2nd fav) 2; Moviddy (14-1) 3. H'cap 8 ran. 1½l, 1½l. (S Drinkwater; 9-4 fav Overabottleofred). Tote: £53.40; pl £8.70, £1.30, £4.10. exacta: £233.40. tricast: £1822.43. trifecta: £4049.30. CSF: £163.23.

3.10—LITTLE WREN (T Durrell, 9-2) 1; As Tears Go By (10-1) 2; Brother Boris (5-2 jt fav) 3. H'cap 7 ran. 7½l, ns. (D Skelton; 5-2 jtfav Flash In The Park). Tote: £5.50; pl £2.30, £4.20. exacta: £45.20. trifecta: £170.50. CSF: £45.04.

3.45—EASTERN FIRE (T Durrell, 13-2) 1; Lultimatom (1-2 fav) 2; Current Edition (11-4 2nd fav) 3. 4 ran. 1¼l, 7l. (D Skelton). Tote: £7.50; exacta: £9.80. trifecta: £15.30. CSF: £10.84.

Jackpot: Not won, pool of £6,962.33 carried over.

Placepot: £621.10

(Race 1) 1, 4; (2) 5; (3) 3, 1; (4) 4, 3; (5) 8, 1, 6; (6) 7, 1;

Quadpot: £37.70

THURLES: Yielding-yielding to soft in places on chase course

12.40—HILLBERRY HILL (D Mullins, 10-1) 1; Ifallgoeswell (7-2 2nd fav) 2; Forty Coats (4-9 fav) 3. 11 ran. 1½l, ¾l. (Mags Mullins). Tote: €11.00; pl €2.00, €1.10, €1.10. exacta: €64.40. trifecta: €100.30. CSF: €49.22.

1.10—ESPRESSO MILAN (P Townend, 5-6 fav) 1; Minella Emperor (17-2) 2; Long Branch (11-1) 3. 6 ran. 4l, 1¼l. (W P Mullins). Tote: €1.84; pl €1.20, €2.20. exacta: €9.90. trifecta: €64.60. CSF: €9.29.

1.40—EACHTOTHEIROWN (S W Flanagan, 9-4 fav) 1; Fiver Friday (7-1) 2; Piccolo Player (20-1) 3. H'cap 13 ran. 9l, 4l. (B Connell). Tote: €3.25; pl €1.50, €2.00, €4.90. exacta: €26.60. tricast: €273.09. trifecta: €770.40. CSF: €18.30.

2.15—JADE DE GRUGY (P Townend, 1-7 fav) 1; Tareze (6-1 2nd fav) 2; Cottesloe Sunshine (12-1) 3. 6 ran. 18l, 10l. (W P Mullins). Tote: €1.15; pl €1.02, €1.80. exacta: €1.90. trifecta: €3.70. CSF: €1.98.

2.50—RISING DUST (D Meyler, 3-1 2nd fav) 1; Brave Fortune (5-2 fav) 2; Jigoro (11-1) 3. H'cap 14 ran. ¾l, 1½l. (E Mullins). Tote: €4.00; pl €1.50, €1.30, €3.90. exacta: €9.00. tricast: €78.50. trifecta: €136.30. CSF: €11.69.

3.20—APPRECIATE IT (P Townend, evens fav) 1; James Du Berlais (9-4 2nd fav) 2; Gentleman De Mee (11-1) 3. 5 ran. 12l, 11l. (W P Mullins). Tote: €2.00; pl €1.20, €1.30. exacta: €3.60. trifecta: €12.20. CSF: €3.90.

3.55—PANDA BOY (Mr F Maguire, 5-1) 1; Lifetime Ambition (3-1 2nd fav) 2; Last Round (18-1) 3. 13 ran. 9l, 7½l. (M Brassil; 5-2 fav Willitgoahead). Tote: €6.20; pl €2.00, €1.40, €4.30. exacta: €27.40. trifecta: €436.40. CSF: €22.02.

Placepot: €4.90

(Race 1) 7, 1, 6; (2) 3, 6; (3) 3, 8, 10; (4) 4, 6; (5) 7, 2, 3; (6) 1, 4;

WINDSOR: Soft

12.20—GETAWHISKY (H Skelton, 13-8 fav) 1; Hornica (11-2) 2; Anariza (11-4) 3. 6 ran. 3¼l, 9½l. (D Skelton). Tote: £2.63; pl £1.40, £2.60. exacta: £11.50. trifecta: £37.30. CSF: £11.15.

12.50—SCORPIO RISING (S Bowen, 3-1 2nd fav) 1; Top Jimmy (5-1) 2; Lisbane Park (9-1) 3. H'cap 9 ran. 1¾l, 5l. (O Murphy; 11-4 fav Harry Lowes). Tote: £4.00; pl £1.50, £1.90, £2.90. exacta: £17.50. tricast: £122.16. trifecta: £108.50. CSF: £19.25. Non-runner: Sixty Plus.

1.20—SALVER (C Quinn, 7-5 fav) 1; Doyen Quest (12-1) 2; Laurens Bay (12-1) 3. 6 ran. 4¼l, 6l. (G & J Moore). Tote: £2.40; pl £1.40, £3.40. exacta: £17.20. trifecta: £91.00. CSF: £17.29.

1.50—HIGHLANDS LEGACY (Jonjo O'Neill Jr, 11-8 fav) 1; Torneo (10-3) 2; Dr T J Eckleburg (40-1) 3. H'cap 6 ran. hd, 4¾l. (J & A O'Neill). Tote: £2.38; pl £1.40, £1.70. exacta: £6.60. tricast: £106.13. trifecta: £42.90. CSF: £6.54. Non-runners: Hardy Du Seuil, Harper's Brook, Mighty Bandit.

2.25—GO TO WAR (N De Boinville, 20-1) 1; Doughmore Bay (10-1) 2; Lud'or (10-3 jt fav) 3. H'cap 15 ran. ½l, 1¾l. (N Henderson; 10-3 jtfav Royal Rambler). Tote: £24.10; pl £7.50, £4.20, £1.70. exacta: £361.50. tricast: £855.09. trifecta: £2563.30. CSF: £208.93. Non-runner: Long Draw.

3.00—PROTEKTORAT (H Skelton, evens fav) 1; Resplendent Grey (15-2) 2; Handstands (7-2) 3. 5 ran. 3¾l, 2½l. (D Skelton). Tote: £2.00; pl £1.30, £2.50. exacta: £7.60. trifecta: £27.60. CSF: £8.85. Non-runner: Jungle Boogie.

3.35—NEO KING (B R Jones, 16-1) 1; Holokea (13-2) 2; Havaila (22-1) 3; Express Surprise (17-2) 4. H'cap 16 ran. 1½l, ½l, 10l. (E Williams; 9-4 fav Special John). Tote: £22.70; pl £4.20, £2.30, £4.70, £2.80. exacta: £207.40. tricast: £2381.97. trifecta: £4026.70. CSF: £124.96. Non-runner: Jacks Parrot.

4.05—ST JAMES'S FINEST (H Skelton, 12-1) 1; Ti'mamzel (9-4 2nd fav) 2; Eustace Grenier (10-1) 3. 6 ran. 1l, 3¼l. (D Skelton; 6-4 fav Tally Ho Back). Tote: £13.00; pl £2.20, £1.60. exacta: £32.80. trifecta: £268.10. CSF: £40.40. Non-runners: Bass Hunter, Lil Fortune, Sassella Storm.

Placepot: £63.70

(Race 1) 3, 4; (2) 2, 1, 3; (3) 1, 3; (4) 7, 8; (5) 14, 8, 3; (6) 6, 3;

Quadpot: £13.00

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TIMELY AFFAIR WON 1-1 (Southwell)
DOWN TO THE KID WON 10-3 (Southwell)
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THE SCOUT

12.50 Le Cold Grey
1.20 WONDERING WHY (nap)
1.50 My Silver Lining
2.20 Risk It All
2.50 Court One
3.20 KOENIGSSTERN
3.50 Jackeline

12.50 OPEN NH FLAT RACE (GBB RACE) (AWT)

£2,451 (Class 5) 2m (6 declared)

1	3	**ITSINTHENAME (93)** N & W Twiston-Davies 5 11-2	**S Twiston-Davies**	–
2		● **LE COLD GREY** P Nicholls 5 11-2	**H Cobden**	–
3	3	**MY MATE AJ (66)** B Pauling 5 11-2	**B R Jones**	★110
4		**KINGS WARDROBE** J Boyle 4 10-3	**R T Dunne**	–
5		**MOSCOW STAR** O Signy 4 10-3	**G Sheehan**	–
6		**BROKEN VOW** O Murphy 4 10-2	**S Bowen**	–

TONGUE STRAP: No. 5.

SP FORECAST: 15-8 Le Cold Grey, 5-2 My Mate Aj, 7-2 Itsinthename, 7 Broken Vow, 8 Moscow Star, 25 Kings Wardrobe.

1.20 MAIDEN HURDLE (GBB RACE)

£5,446 (4) 2m (18)

1	P	**BLAZING GADEN (34)** D J Jeffreys 5 11-8	**F Lambert(3)**	–
2	55	**BLUEY BAY (48)** M Keighley 6 11-8	**J Best**	–
3	69/6-5	**FRAVANCO (37)** M Madgwick 7 11-8	**M Goldstein**	97
4	42-40	**GONE COUNTRY (52)** N Gifford 6 11-8	**Tabitha Worsley(3)**	87
5	23-12	**HELLO FORTUNE (37)** N Gifford 6 11-8	**J M Davies**	113
6	6	**HOLEHEARTEDLY (39)** D Skelton 5 11-8	**H Skelton**	–
7	471-25	**JAMADA (77)** O Murphy 6 11-8	**J Bowen**	113
8	3/F-	**KNIGHT TEMPLAR (330)** R Bandey 6 11-8	**H Bannister**	–
9	4	**SENSE OF REASON (43)** C Fellowes 5 11-8	**T Cannon**	106
10	LL	**SOMKIYR (35)** A Irvine 5 11-8	**F Mitchell(3)**	40
11	5	**TRAPPER JOHN (34)** Harry Eustace 5 11-8	**J Quinlan**	99
12	1P-92	**UNJEU ROYAL (58)** T Lacey 5 11-8	**S Sheppard**	106
13	51-32	● **WONDERING WHY (43)** B Pauling 5 11-8	**B R Jones**	115
14	3-24	**ZAMEK (24)** O Murphy 6 11-8	**S Bowen**	★120
15	3-1L9	**CONNIES HILL (33)** Nick Scholfield 6 11-1	**H Reed**	57
16	2	**CAYMAN DANCER (33)** G & J Moore 4 10-9	**C Quinn**	107
17	5	**KENTUCKY RIVER (23)** O Murphy 4 10-9	**R T Dunne**	86
18		**SHIFRA (F104)** P Phelan 4 10-2	**Sean Houlihan**	–

TONGUE STRAP: No. 15 HOOD: Nos. 8, 10.

SP FORECAST: 10-3 Wondering Why, 4 Zamek, 11-2 Cayman Dancer, 6 Jamada, 7 Unjeu Royal, 10 Kentucky River, Hello Fortune, 14 Sense Of Reason, 16 Others.

1.50 SURREY NATIONAL HANDICAP CHASE

£15,843 (3) 3m 4f 178yds (15)

1	42112/4	**MAKIN'YOURMINDUP (44)** P Nicholls 9 12-0	**H Cobden**	103
2	1/251-L1	**ART DECCO (45)** R Walford 10 11-13	**H Kimber**	133
3	U3F-LL9	**SURREY QUEST (44)** T Lawes 9 11-11	**K Brogan**	★141
4	3/112-L3	**VAL DANCER (44)** Mrs M Rowley 9 11-10	**C Hammond**	135
5	P5-L253	**WHISTLE STOP TOUR (17) (T)** L Russell & M Scudamore 8 11-7	**J Tudor**	130
6	7212-1L	**HIDDEN HISTORY (45)** D Skelton 8 11-7	**H Skelton**	135
7	P1P1/PP-	**REGAL BLUE (394)** J & A O'Neill 9 11-7	**Jonjo O'Neill Jr**	–
8	1111-15	**AWORKINPROGRESS (44) (C)** N Gifford 7 11-5	**J M Davies**	138
9	211P-14	**INVINCIBLE NAO (44)** G & J Moore 8 11-4	**C Quinn**	134
10	F11242	**IVANE (24) (D)** James Owen 8 11-1	**J J Burke**	133
11	3P4-432	● **MY SILVER LINING (30) (D,F)** E Lavelle 10 11-0	**J Best**	140
12	2PPP-13	**KEN ROY (64)** P Nicholls 7 10-9	**Doubtful**	
13	518-LP7	**SPORTING ACE (44) (C&D)** N King 10 10-8	**J Quinlan**	139
14	41F-35U	**CATCH CATCHFIRE (19)** I Williams 7 10-2	**C J Todd**	134
15	2L4411	**ALI STAR BERT (36)** S A Harris 10 10-2	**Murray Dodd(7)**	132
16	422-2115	**SPECIAL JOHN (1)** S Thomas 7 10-2	**D Johnston**	135

VISOR: No. 10 TONGUE STRAP: No. 3 CHEEK PIECES: Nos. 2, 3, 4, 5, 7, 12, 14 HOOD: No. 9.

SOFT/HEAVY WINNERS: Nos. 15, 2, 8, 14, 6, 9, 1, 11, 7, 13, 3, 4, 5.

SP FORECAST: 5 Art Decco, 8 Special John, My Silver Lining, Val Dancer, Ivane, 10 Catch Catchfire, Makin'yourmindup, 12 Hidden History, Ali Star Bert, Invincible Nao, 14 Others.

2025: Sporting Ace 9-10-8, Jack Quinlan 6-1 (N King), 12 ran.

2.20 HANDICAP HURDLE

£4,066 (4) 2m 3f 110yds (13)

1	F3172/4-	**CANTY BAY (446) (D)** E Lavelle 9 12-2	**B R Jones**	–
2	11P6-L1	**CASA LOUPI (22)** G & J Moore 9 12-0	**Mr Ben Pollard(10)**	111
3	222-PL4	**GALACTIC CHARM (28)** G & J Moore 5 12-0	**T Cannon**	112
4	122-U4P	**CHIEF SUNDAY (40)** N & W Twiston-Davies 6 12-0	**S Twiston-Davies**	110
5	L5-344F	**SUNDAY SOLDIER (37) (D)** D Killahena & G McPherson 8 11-13	**O Palmer(7)**	★123
6	6411-6	**CONFINENTIC (39)** C Gordon 6 11-13	**F Gordon**	112
7	47-5F	**SEA WARRIOR (34)** J Tizzard 7 11-6	**B J Powell**	109
8	541-62P	**KARTON PLEIN (46)** O Murphy 6 11-6	**S Bowen**	112
9	43122-P	**GODOT (31) (C&D)** A Irvine 9 11-5	**F Mitchell(3)**	108
10	5-44	**BLUE SKY DREAMING (56)** A King 5 11-5	**T Bellamy**	109
11	3L6-L2	● **RISK IT ALL (24)** G & J Moore 5 10-13	**C Quinn**	117
12	5P5-464	**RAFFLES NOBU (40)** Nick Scholfield 6 10-12	**F Keighley(7)**	109
13	3/46-L34	**LUWDVIG (19)** N King 7 10-10	**J Quinlan**	112

TONGUE STRAP: No. 12 CHEEK PIECES: Nos. 2, 5, 9, 12.

SOFT/HEAVY WINNERS: Nos. 1, 2, 4, 6, 3, 9, 12, 5.

SP FORECAST: 9-2 Casa Loupi, 11-2 Canty Bay, 15-2 Blue Sky Dreaming, Chief Sunday, 8 Karton Plein, 10 Galactic Charm, 12 Sunday Soldier, Risk It All, Raffles Nobu, 14 Others.

2.50 NOVICES' LIMITED HANDICAP HURDLE

£3,248 (5) 2m 3f 110yds (7)

1	45-LL	**DIRECTLY (64)** S Drinkwater 7 11-12	**S Twiston-Davies**	76
2	8L-P411	**BOLLIN THOU (7) (F)** Nick Scholfield 8 11-7(7ex)	**S Bowen**	★110
3	2859	**MILD MAGIC (28)** N Mulholland 6 11-4	**C O'Farrell**	80
4	84-2254	**INION TIOGAIR (30)** G Harris 9 11-2	**J A Anderson(3)**	99
5	4249	**FLAGON DRY (18)** W Greatrex 4 10-8	**J Bowen**	95
6	60-PPPL	**MAC'S XPRESS (31)** C Ellam 8 10-5	**C Maggs(5)**	67
7	U/4P-L22	● **COURT ONE (37)** R Rowe 6 10-5	**J M Davies**	93

BLINKERS: No. 4 CHEEK PIECES: Nos. 2, 5.

SOFT/HEAVY WINNERS: Nos. 2, 4.

SP FORECAST: 2-5 Bollin Thou, 6 Court One, 8 Inion Tiogair, 16 Flagon Dry, Mild Magic, 20 Directly, 100 Mac's Xpress.

3.20 HANDICAP CHASE

£3,248 (5) 2m 7f 110yds (10)

1	14L4-32	● **KOENIGSSTERN (19)** N Gifford 9 12-0	**J M Davies**	110
2	472-PPL	**BETTER OFF ALONE (31)** M Keighley 7 12-0	**F Keighley(7)**	101
3	531-355	**ICAQUE DE L'ISLE (29)** R Bandey 8 12-0	**H Bannister**	–
4	U53/4-34	**THRUTHELOOKINGLASS (28)** K Bailey & M Nicholls 9 11-13	**T Bellamy**	★111
5	1/454-83	**STAR OF DIAMONDS (39)** E Lavelle 7 11-11	**Doubtful**	93
6	0032/3-	**MONTMARTIN (288)** J & A O'Neill 8 11-6	**Jonjo O'Neill Jr**	104
7	142-6U2	**ONE LAST GLANCE (44)** T R Gretton 9 11-5	**F Mitchell(3)**	109
8	82/PLL-L	**GIVEHIMTHEHONOUR (82)** D Pipe 8 11-3	**J Tudor**	82
9	4P-7L53	**FELTON BELLEVUE (18) (C&D)** B Case 11 10-11	**C Gethings**	103
10	6P-3234	**ENDERSEN (42)** R Rowe 9 10-3	**H Kimber**	94

BLINKERS: No. 9 VISOR: No. 2 TONGUE STRAP: Nos. 6, 7, 9 CHEEK PIECES: Nos. 7, 8.

SOFT/HEAVY WINNERS: Nos. 9, 3, 1, 7, 5.

SP FORECAST: 7-2 One Last Glance, 5 Koenigsstern, Thruthelookinglass, 6 Better Off Alone, Endersen, 8 Icaque de L'Isle, 10 Montmartin, 12 Felton Bellevue, 14 Others.

3.50 HANDICAP CHASE

£3,248 (5) 2m 4f (11)

1	2L44-4U	**DESERT HALO (42) (F)** R Bandey 7 12-0	**H Bannister**	66
2	243L-P1	**LADY PRETENDER (35) (D)** V Williams 7 11-12	**C Deutsch**	99
3	6L2231	**BEGIN THE LUCK (24) (D)** D Hitchins 10 11-10	**R David(7)**	103
4	8545-PP	**JACK THE NIPPER (36)** W Greatrex 7 11-9	**J Bowen**	–
5	42-325L	● **JACKELINE (24)** Seamus Mullins 7 11-7	**D Sansom(3)**	93
6	1-13L5P	**GWENNIE MAY JEM (28)** O Murphy 6 11-4	**S Bowen**	106
7	72P-3LL	**DIAMOND DAYS (42)** J Tizzard 6 11-4	**B J Powell**	102
8	311P-PL	**STARDHEM (58) (D)** B Pauling 7 11-3	**B R Jones**	★107
9	65/5L6-P	**ARCTIC STREAM (57)** R Bandey 9 11-1	**N Fox(5)**	–
10	41P-25P	**RONNIES REFLECTION (24)** B Case 8 10-12	**J Quinlan**	104
11	3L35-42	**CONSTANT FRIDAY (37)** R Rowe 11 10-2	**J M Davies**	101

BLINKERS: Nos. 5, 8 TONGUE STRAP: No. 10 CHEEK PIECES: Nos. 3, 9.

SOFT/HEAVY WINNERS: Nos. 3, 10.

SP FORECAST: 9-4 Lady Pretender, 5 Begin The Luck, 13-2 Constant Friday, 7 Gwennie May Jem, 8 Diamond Days, 12 Jack The Nipper, Desert Halo, Ronnies Reflection, 14 Others.

TRACK FACTS: GOING: Soft. Left Handed. **TOP TRACK JOCKEY (2021-26):** Sean Bowen 27% Strike rate. **TOP TRACK TRAINER (2021-26):** G & J Moore 15% Strike rate. **FIRST TIME:** 1.20 Knight Templar (hood), Somkiyr (hood), 1.50 Surrey Quest (wind surgery), Regal Blue (cheek pieces, wind surgery), 2.50 Flagon Dry (cheek pieces), 3.20 Better Off Alone (visor), 3.50 Stardhem (blinkers), Jackeline (blinkers), Arctic Stream (cheek pieces), 12.50 Moscow Star (tongue strap, wind surgery). **BEATEN FAVOURITES:** 12.50 My Mate Aj. 1.20 Jamada, Unjeu Royal. 1.50 Aworkinprogress(hcp ch), Catch Catchfire(hcp ch), Hidden History(hcp ch). 2.50 Inion Tiogair(hcp hdl). 3.50 Diamond Days(hcp ch). **LONGEST TRAVELLER: Whistle Stop Tour** (1.50) 471 miles. **STABLE SWITCH:** 12.50 **Itsinthename** from M Goff in Ireland to N & W Twiston-Davies. 1.20 **Knight Templar** from S Curling in Ireland to R Bandey.

WOLVERHAMPTON SSR

JACKPOT: www.totepoolliveinfo.com

5.30 HANDICAP

£4,711 (Class 6) 1m 4f 51yds (9 declared)

1	(1)	416545-	**GALACTIC GLOW (J39)** J Tickle 9 9-9	**Taylor Fisher(3)**	65
2	(5)	L0565-3	**EUTROPIA (17)** A Wintle 4 9-7	**F Marsh**	★67
3	(2)	75/68L-	**TENADAAY (J23)** F O'Brien 4 9-7	**G Mangan**	57
4	(3)	LL896-1	● **ICE OPERA (3) (C&D)** G Harris 5 9-7(5ex)	**B Loughnane**	60
5	(6)	44LL4L-	**STAFFORDSHIRE (77)** J Candlish 4 9-5	**P Mulrennan**	59
6	(7)	9/4536-5	**BLUE SIAM (7)** H Palmer 4 9-4	**J Hart**	60
7	(8)	99/0L3L-	**POMERIGGIO (35)** Mrs N Evans 5 9-4	**J Dace(5)**	55
8	(4)	L5L12-7	**LATE CLAIM (15)** J Mackie 5 9-3	**M Ghiani**	64
9	(9)	454-56L	**RAMPANT (3)** P Morris 6 9-0	**F McManoman**	61

CHEEK PIECES: Nos. 1, 6, 9 HOOD: No. 5.

SP FORECAST: 5-2 Eutropia, 3 Ice Opera, 5 Blue Siam, 6 Late Claim, 8 Staffordshire, 10 Galactic Glow, 14 Rampant, 16 Tenadaay, 66 Pomeriggio.

2025: Hawa Jumeirah 4-9-6, Raul Da Silva 4-1 (I Mohammed), drawn (7), 11 ran.

6.00 CLASSIFIED STAKES

£3,140 (6) 1m 1f 104yds (12)

1	(10)	65745-3	**AL BAAHY (9)** K Frost 7 9-9	**B Loughnane**	59
2	(3)	3517L-5	**AL SHABAB (8)** P Evans 5 9-9	**S M Levey**	60
3	(1)	27554-L	**BONDI MAN (7)** Sarah Hollinshead 7 9-9	**J Hart**	51
4	(11)	603907-	**BOUJEE GOLD (23) (C&D)** A Carroll 7 9-9	**M Ghiani**	59
5	(7)	720610-	**DORS DELIGHT (118)** D Ivory 5 9-9	**C Shepherd**	58
6	(12)	200978-	**PORT NOIR (24) (C&D)** R Stephens 9 9-9	**R Havlin**	50
7	(6)	LLLOL-8	**RACING COUNTRY (7) (C&D)** D Wingrove 11 9-9	**P Mulrennan**	39
8	(9)	398-221	● **RELEVANT RANGE (2)** I Furtado 7 9-13	**J Nason(3)**	★63
9	(8)	36541/5-	**STAR OF ST LOUIS (157) (C&D)** Wayne Lukas 9 9-9	**K S McHugh(7)**	54
10	(2)	9973-07	**TRUSTY SCOUT (7) (C,D)** D Shaw 8 9-9	**C Hardie**	51
11	(5)	5670-8	**LADY MARGRET (16)** A Carroll 4 9-8	**G Mangan**	57
12	(4)	284447-	**SPINNING DANCER (24) (F)** J S Moore 4 9-8	**Taylor Fisher(3)**	53

TONGUE STRAP: Nos. 5, 6 CHEEK PIECES: Nos. 3, 7 HOOD: No. 5.

SP FORECAST: 5-4 Relevant Range, 11-2 Star Of St Louis, 6 Al Baahy, 12 Dors Delight, Boujee Gold, Al Shabab, 16 Port Noir, Spinning Dancer, 20 Others.

6.30 RESTRICTED MAIDEN STAKES (GBB RACE)

£5,400 (4) 6f 20yds (9)

1	(2)		**JUBILEE TIME** M Usher 4 9-12	**Taylor Fisher(3)**	–
2	(7)	47-	**APPETISER (279)** E J-Houghton 4 9-11	**C Shepherd**	62
3	(1)	522L4-2	**ALASRAE (7)** G Boughey 3 9-0	**B Loughnane**	★72
4	(4)	L70-	**FUSEBOARD (28)** C Banham 3 8-12	**J Haynes**	33
5	(3)		**LUCKY SEVENS** James Owen 3 8-12	**Mason Paetel(5)**	–
6	(5)	524-	● **ARISHKA'S DREAM (37) (F)** D & C Kubler 3 8-10	**D E Hogan**	67
7	(6)	23257-4	**ADALIDA (12)** S C Williams 3 8-9	**M Ghiani**	71
8	(9)	LLL-	**EXHIBITION MATCH (24)** Ollie Sangster 3 8-9	**N Currie**	33
9	(8)		**COUL BRITANNIA** J Osborne 3 8-5	**J Dace(5)**	–

VISOR: No. 3 TONGUE STRAP: No. 3 CHEEK PIECES: No. 7.

SP FORECAST: 15-8 Alasrae, 11-4 Arishka's Dream, 9-2 Adalida, 11-2 Lucky Sevens, 8 Coul Britannia, 14 Appetiser, 25 Jubilee Time, 66 Fuseboard, Exhibition Match.

7.00 MAKE THE MOVE TO MIDNITE HANDICAP

£3,716 (5) 6f 20yds (10)

1	(5)	709353-	● **BRAVE EMPIRE (31) (D)** I Furtado 5 9-9	**J Hart**	78
2	(1)	229211-	**ZOULU WARRIOR (23) (C&D,F)** H Main 4 9-8	**B Loughnane**	78
3	(9)	5L645-L	**WODAO (17)** J Osborne 6 9-8	**C Shepherd**	78
4	(7)	L05157-	**LUCKY MAN (76) (C&D)** J Candlish 7 9-7	**P Mulrennan**	79
5	(6)	48607-6	**PHOENIX OF DREAMS (13) (D)** J & S Quinn 5 9-6	**S M Levey**	78
6	(4)	33313-6	**ADDARELLA (16) (C&D)** M Botti 4 9-5	**M Ghiani**	79
7	(3)	622055-	**BRIAN THE SNAIL (28) (C&D)** P Morris 12 9-5	**JP Sullivan**	71
8	(10)	734219-	**EARLY RELEASE (23) (D)** P Evans 4 9-3	**R Kavanagh(5)**	★81
9	(2)	767664-	**WATER OF LEITH (23) (C&D,F) (T)** J Goldie 8 9-2	**R Havlin**	76
10	(8)	848522-	**AMERJEET (20)** M Herrington 4 8-11	**D E Hogan**	80

BLINKERS: No. 3 VISOR: No. 4 TONGUE STRAP: No. 3 CHEEK PIECES: Nos. 1, 2, 7 HOOD: No. 5.

SP FORECAST: 11-4 Zoulu Warrior, 4 Amerjeet, 9-2 Brave Empire, 6 Water Of Leith, 8 Addarella, 12 Phoenix Of Dreams, 14 Early Release, 16 Lucky Man, Wodao, 20 Brian The Snail.

2025: Mumayaz 6-9-9, Jack Doughty(3) 9-2 (A Carroll), drawn (5), 9 ran.

7.30 BET 10 GET 40 WITH BETMGM HANDICAP

£3,716 (5) 7f 36yds (9)

1	(5)	111040-	● **ASH WEDNESDAY (178) (C&D)** H Main 5 9-8	**M Ghiani**	85
2	(2)	842129-	**HE'S A GENTLEMAN (30) (C&D)** H Palmer 7 9-8	**J Hart**	84
3	(3)	12-	**LODGE (140)** B Meehan 4 9-7	**B Loughnane**	78
4	(4)	425216-	**STAR OF MALI (59) (D,F)** J Tate 4 9-6	**R Havlin**	★87
5	(9)	32652-2	**ARANTES NASCIMENTO (17) (D)** M Attwater 5 9-5	**S M Levey**	84
6	(7)	64221-1	**CHIFA (17) (C&D)** E De Giles 9 9-5	**C Shepherd**	83
7	(8)	344270-	**BEAUTY CHOICE (30) (C&D)** M & D Easterby 9 9-5	**Joanna Mason**	86
8	(1)	L11225-	**VINCE LOMBARDI (31) (C,F)** S Spencer 7 9-4	**D Swift**	85
9	(6)	7822L0-	**ANTHROPOLOGIST (89) (D)** M Herrington 4 9-4	**D E Hogan**	84

VISOR: No. 2 TONGUE STRAP: Nos. 1, 8 CHEEK PIECES: No. 9.

SP FORECAST: 10-3 Chifa, 7-2 Lodge, 11-2 Star Of Mali, Arantes Nascimento, 15-2 He's A Gentleman, 8 Vince Lombardi, Ash Wednesday, 20 Anthropologist, Beauty Choice.

2025: Fools Rush In 7-9-8, James Sullivan 10-3 Fav (R Carr), drawn (8), 8 ran.

8.00 HANDICAP 3YO

£3,140 (6) 7f 36yds (10)

1	(5)	8664-1	● **HARDSTYLE (5) (F)** G Boughey 10-1(6ex)	**B Loughnane**	★61
2	(6)	076-	**GANTHORPE (32)** M & D Easterby 9-9	**B Garritty**	53
3	(7)	85546-5	**MAYNORA (18)** Craig Lidster 9-8	**S B Kirrane**	59
4	(4)	L5467L-	**RESALAH (20)** Mrs N Evans 9-7	**J Dace(5)**	59
5	(2)	8867-7	**ELECTROCUTION (12)** C Banham 9-5	**J Haynes**	57
6	(3)	566-	**BACKFIRE (28)** S Dixon 9-5	**Mikkel Mortensen(5)**	60
7	(8)	8LL-	**SORTED (125)** M Loughnane 9-4	**J Hart**	56
8	(9)	L05-	**FALLACIOUS PROMISE (42)** J Butler 9-4	**P Mulrennan**	50
9	(10)	35155-5	**MISS AYALA (12) (D)** M Usher 9-4	**G Bass**	58
10	(1)	0606-4	**BLUE MOUNTAINS (12)** M Botti 9-0	**J Nicholls(5)**	58

BLINKERS: No. 2 CHEEK PIECES: No. 3.

SP FORECAST: 10-11 Hardstyle, 6 Blue Mountains, 15-2 Miss Ayala, 10 Maynora, 12 Backfire, 14 Ganthorpe, Fallacious Promise, 16 Sorted, 25 Others.

2025: Manton Road 9-1, Luke Morris Evens Fav (G Kelleway), drawn (5), 8 ran.

THE SCOUT

5.30 ICE OPERA (nb)
6.00 Relevant Range
6.30 Arishka's Dream
7.00 Brave Empire
7.30 Ash Wednesday
8.00 Hardstyle
8.30 Sultan Of Oj

8.30 JOIN THE MIDNITE MOVEMENT HANDICAP

£3,140 (6) 5f 21yds (9)

1	(1)	8003-94	**MASTER DANDY (8)** Michael Keady 6 9-9	**B Loughnane**	63
2	(5)	654648-	**MISTER MCGREGOR (30)** M Mullineaux 4 9-8	**F McManoman**	62
3	(4)	442-222	**COLORS OF FREEDOM (3) (C&D)** Joe Ponting 6 9-3	**G Mangan**	★64
4	(3)	6862-63	● **SULTAN OF OJ (3)** T Faulkner 4 9-1	**R Havlin**	61
5	(9)	676/	**BLUE DANDY (427) (T)** Mr W G Harrison 4 9-1	**Doubtful**	
6	(8)	L706L-8	**SHE WENT WHOOSH (17) (D)** S Dixon 4 9-0	**J Haynes**	54
7	(7)	5566/8-2	**DALEY T (11)** A Carroll 6 9-0	**M Ghiani**	55
8	(6)	665L7-4	**ROGUE ENDEAVOUR (5)** G Harris 4 9-0	**F Marsh**	59
9	(2)	8674L-4	**SECOND COLLECTION (17) (C&D)** A Carroll 10 9-0	**M Slater(7)**	58

BLINKERS: No. 1 VISOR: No. 4 TONGUE STRAP: Nos. 1, 4 CHEEK PIECES: Nos. 6, 8.

SP FORECAST: 2 Sultan Of Oj, 9-4 Colors Of Freedom, 7 Daley T, 8 Second Collection, Master Dandy, 10 Rogue Endeavour, 20 She Went Whoosh, 25 Mister Mcgregor.

2025: Alafdhal 7-9-9, Grace McEntee 17-2 (P McEntee), drawn (5), 8 ran.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2021-26):** Billy Loughnane 18% Strike rate. **TOP TRACK TRAINER (2021-26):** A Carroll 9% Strike rate. **FIRST TIME:** 6.00 Racing Country (cheek pieces), 8.00 Maynora (cheek pieces). **BEATEN FAVOURITES:** 6.30 Alasrae. 7.30 Arantes Nascimento(hcp), Lodge, Vince Lombardi(hcp). **DRAW:** Little effect. **LONGEST TRAVELLER: Water Of Leith** (7.00) 285 miles. **STABLE SWITCH:** 5.30 **Tenadaay** from J Gallagher to F O'Brien. 7.30 **Anthropologist** from C Johnston to M Herrington. 8.30 **Blue Dandy** from J Tate to Mr W G Harrison.

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) Nick Scholfield 75% (1 wins and 2 places from 4 runners), P Phelan 75% (1/2/4), M Keighley 71% (1/4/7), G Boughey 57% (2/6/14), R Beckett 57% (2/2/7), James Owen 54% (3/11/26), O Murphy 54% (2/5/13), A Balding 53% (6/4/19), A King 50% (3/3/12), Harry Eustace 50% (1/1/4), K Bailey & M Nicholls 50% (2/1/6), Lemos Souza 50% (2/0/4).

IN-FORM JOCKEYS Freddie Keighley 71% (1 wins and 4 places from 7 runners), Jonathan Burke 65% (6/5/17), Ryan Kavanagh 62% (5/5/16), Paddy Bradley 57% (4/4/14), Ben Jones 52% (8/5/25), Harry Skelton 52% (6/6/23), Charles Bishop 50% (2/4/12), Dylan Johnston 50% (3/0/6), Faye McManoman 50% (2/0/4), Tom Bellamy 50% (4/6/20).

GOSSIP FROM THE GALLOPS

Cotswolds: WONDERING WHY
(1.20 Lingfield)
North: DISTORTED TRUTH
(2.08 Kempton)
Lambourn: BOLLIN THOU
(2.50 Lingfield)
Newmarket: HARDSTYLE
(8.00 Wolverhampton)

ABC INDEX

K - Kempton
L - Lingfield
W - Wolverhampton

Abando	K	2.38
Adalida	W	6.30
Addarella	W	7.00
Aethelthryth	K	2.38
Al Amirah	K	2.08
Al Baahy	W	6.00
Al Shabab	W	6.00
Alasrae	W	6.30
Ali Star Bert	L	1.50
Amerjeet	W	7.00
Anthropologist	W	7.30
Apache Green	K	1.08
Appetiser	W	6.30
Arantes Nascimento	W	7.30
Arctic Stream	L	3.50
Arishka's Dream	W	6.30
Art Decco	L	1.50
Ash Wednesday	W	7.30
Aworkinprogress	L	1.50
Backfire	W	8.00
Beauty Choice	W	7.30
Begin The Luck	L	3.50
Better Off Alone	L	3.20
Blazing Gaden	L	1.20
Blue Dandy	W	8.30
Blue Mountains	W	8.00
Blue Siam	W	5.30
Blue Sky Dreaming	L	2.20
Bluey Bay	L	1.20
Bollin Thou	L	2.50
Bondi Man	W	6.00
Boujee Gold	W	6.00
Brave Empire	W	7.00
Brian The Snail	W	7.00
Broken Vow	L	12.50
Caliban	K	2.38
Canty Bay	L	2.20
Canyouhearthedrums	K	3.08
Casa Loupi	L	2.20
Catch Catchfire	L	1.50
Cayman Dancer	L	1.20
Chief Sunday	L	2.20
Chifa	W	7.30
Colors Of Freedom	W	8.30
Confinentic	L	2.20
Connies Hill	L	1.20
Conquest Of Power	K	1.38
Constant Friday	L	3.50
Coul Britannia	W	6.30
Court Drive	K	3.38
Court One	L	2.50
Cressida Wildes	K	3.38
Daley T	W	8.30
Danehill Star	K	4.08
Dayman	K	4.08
Desert Halo	L	3.50
Diamond Days	L	3.50
Directly	L	2.50
Distorted Truth	K	2.08
Dors Delight	W	6.00
Dr Ali	K	1.38
Early Release	W	7.00
Echo Valley	K	2.08
Electrocution	W	8.00
Endersen	L	3.20
Equion	K	1.08
Eutropia	W	5.30
Exhibition Match	W	6.30
Exposay	K	4.08
Fallacious Promise	W	8.00
Felton Bellevue	L	3.20
Five Moons	K	2.08
Flagon Dry	L	2.50
Fravanco	L	1.20
Fuseboard	W	6.30
Galactic Charm	L	2.20
Galactic Glow	W	5.30
Galistra	K	2.08
Ganthorpe	W	8.00
Givehimthehonour	L	3.20
Glamerous	K	2.08
Godot	L	2.20
Gogo Yubari	K	3.38
Gone Country	L	1.20
Gwennie May Jem	L	3.50
Handle With Care	K	3.38
Hardstyle	W	8.00
He's A Gentleman	W	7.30
Helga	K	2.08
Hello Fortune	L	1.20
Hidden History	L	1.50
Holeheartedly	L	1.20
Hopjes	K	1.08
Horus	K	1.38
I'm Workin On It	K	4.08
Icaque de L'Isle	L	3.20
Ice Opera	W	5.30
Imperial Decision	K	2.38
Imperial Jade	K	2.38
Inion Tiogair	L	2.50
Invincible Nao	L	1.50
Itsinthename	L	12.50
Ivane	L	1.50
Jack The Nipper	L	3.50
Jackeline	L	3.50
Jamada	L	1.20
John Galt	K	2.38
Jubilee Time	W	6.30
Karton Plein	L	2.20
Ken Roy	L	1.50
Kentucky River	L	1.20
Kev	K	4.08
King David	K	4.08
King's Cruiser	K	2.38
Kings Wardrobe	L	12.50
Knight Templar	L	1.20
Koenigsstern	L	3.20
Lady Margret	W	6.00
Lady Pretender	L	3.50
Late Claim	W	5.30
Le Cold Grey	L	12.50
Lerwick	K	4.08
Lion City	K	2.38
Lodge	W	7.30
Lucky Man	W	7.00
Lucky Sevens	W	6.30
Luwdvig	L	2.20
Mac's Xpress	L	2.50
Magna	K	1.38
Makin'yourmindup	L	1.50
Master Dandy	W	8.30
Maynora	W	8.00
Mbappe	K	1.08
Mighty Vega	K	3.08
Mild Magic	L	2.50
Miraflores	K	1.38
Miss Ayala	W	8.00
Mister Mcgregor	W	8.30
Misty Cove	K	2.08
Montmartin	L	3.20
Moscow Star	L	12.50
My Mate Aj	L	12.50
My Silver Lining	L	1.50
Neyva's Angel	K	4.08
One Last Glance	L	3.20
Party Bear	K	4.08
Peas And Queues	K	2.08
Phoenix Of Dreams	W	7.00
Pomeriggio	W	5.30
Port Noir	W	6.00
Purple Sky	K	1.08
Racing Country	W	6.00
Raffles Nobu	L	2.20
Rampant	W	5.30
Regal Blue	L	1.50
Relevant Range	W	6.00
Resalah	W	8.00
Respectable Jack	K	1.38
Riot	K	4.08
Risk It All	L	2.20
Rogue Endeavour	W	8.30
Ronnies Reflection	L	3.50
Saturn Seven	K	4.08
Saxon Prince	K	3.08
Sea Warrior	L	2.20
Searchingtheblues	K	3.38
Second Collection	W	8.30
Sense Of Reason	L	1.20
Shallow	K	3.38
She Went Whoosh	W	8.30
Shifra	L	1.20
Siouxfonic	K	2.38
Smasher	K	1.38
Somkiyr	L	1.20
Sorted	W	8.00
Space Bear	K	3.08
Special John	L	1.50
Spinning Dancer	W	6.00
Sporting Ace	L	1.50
Staffordshire	W	5.30
Star Of Diamonds	L	3.20
Star Of Mali	W	7.30
Star Of St Louis	W	6.00
Stardhem	L	3.50
Straight Back Up	K	1.38
Sultan Of Oj	W	8.30
Summer Appeal	K	2.38
Sunday Soldier	L	2.20
Super Hit	K	1.08
Surrey Quest	L	1.50
Tenadaay	W	5.30
Thruthelookinglass	L	3.20
Token Gesture	K	1.08
Trapper John	L	1.20
Trusty Scout	W	6.00
Unionville	K	3.08
Uniter	K	3.08
Unjeu Royal	L	1.20
Up The Agenda	K	3.08
Val Dancer	L	1.50
Villalobos	K	1.08
Vince Lombardi	W	7.30
Water Of Leith	W	7.00
Whistle Stop Tour	L	1.50
Wodao	W	7.00
Wondering Why	L	1.20
Your Love	K	3.38
Zamek	L	1.20
Zoulu Warrior	W	7.00

WORLD OF SPORT

'Million reasons to leave the Crucible'

BY **SHANE MACDERMOTT**

SNOOKER

NEIL ROBERTSON believes the World Championship will have to leave the Crucible in order to crown the sport's first £1million champion.

ROBERTSON

The deal between World Snooker Tour and Sheffield City Council runs until next year, which would coincide with 50 years of the event at the Crucible.

Barry Hearn, whose company Matchroom runs both snooker and darts, has said he needs to double the £500,000 winner's cheque to appease the players.

Luke Littler earned £1m for defending his darts world title this month.

The Crucible is snooker's spiritual home, but holds just 980 spectators, less than half of Alexandra Palace's capacity for the Masters last week.

Robertson said: "If we want to play for a million pound-plus to the winner, we need to move. If we don't move, we're going to be stuck"

THE BIG PICTURE

SKY SCRAPER: Japan's Ryuyo Kobayashi in the ski jump at Sapporo

Humphries drinking in Saudi atmosphere

DARTS

FORMER world No.1 Luke Humphries is looking forward to a "respectful" atmosphere as non-alcoholic darts heads to Saudi Arabia for the first time.

The World Series of Darts stops in Riyadh for the Saudi Arabia Masters today and tomorrow as Humphries, Luke Littler and six other PDC stars take on eight Asian Tour representatives.

A sport that is closely linked with alcohol consumption – both among the supporters and the players – will have a new experience as they visit a country with a zero-tolerance policy.

Humphries is relishing the new environment.

He said: "A lot of people think if you don't drink then you can't have a good night. But the Saudi people are very respectful and they will really be looking forward to seeing the great talents."

10 to tackle

1. Who took 5-78 for West Indies in the second innings of the first Test against New Zealand in Christchurch last month?
2. By how many points did Lando Norris win the 2025 Formula One World Drivers' Championship?
3. Which Sweden winger scored both goals for Celta Vigo in their La Liga win at Real Madrid this season?
4. Which sport was said to be invented by William Webb Ellis?
5. Who was the only non-American to be beaten by Bjorn Borg in men's singles finals at Wimbledon?
6. Which American amateur golfer retired at the age of 28 having won the US Open four times and Open Championship thrice?
7. Which athlete was BBC Sports Personality of the Year in 1963?
8. Who rode Quest for Fame to victory in the 1990 Derby?
9. Which Scottish boxer beat reigning champion Salvatore Burruni in 1966 to take the WBC flyweight title?
10. What name is given to the annual American football game between the champions of the NFC and the champions of the AFC?

RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 Kemar Roach. 2 Two. 3 Williot Swedberg. 4 Rugby. 5 Ilie Nastase. 6 Bobby Jones. 7 Dorothy Hyman. 8 Pat Eddery. 9 Walter McGowan. 10 The Super Bowl.

DROPPING THE BALL Lowry takes penalty for his shot which cost him title

‘DISASTER’ IN BUNKER EXTENDS A LONG WAIT FOR SHANE

Lowry is hurting after a failure to seal win at last

FROM **NEIL MCLEMAN** in Dubai

SHANE LOWRY suffered a double-bogey “disaster” at the final hole of the Dubai Invitational to stretch his solo title dry spell in the desert.

The Ryder Cup star, who last won on the DP World Tour at the 2022 BMW PGA, held a one-shot lead on the 72nd tee.

But after finding a greenside bunker from 139 yards following a superb drive, the Irishman’s shot from the sand ran across the putting surface and into the water on his way to a double-bogey six.

Rory McIlroy bogeyed the same hole, as overnight leader Nacho Elvira won the first DP World title of the year by one shot from Kiwi Dan Hillier.

Lowry and McIlroy finished in a four-way tie for third place on eight-under par.

The 2019 Open champion, who sealed the half point to retain the Ryder Cup last September, said: “That was a disaster. This game is nuts. I’ve just started my 18th season on tour and I’ll never figure it out.

“I tried my best, did everything I could and hit the wrong club up the last. And that cost me a play-off.

“I was just trying to hit a soft 9-iron. If you hit a wedge at the flag and it comes out a little soft, it goes right into the water. In hindsight, I probably would have been better doing that, because you get it up and down from there.

“But the bunker shot was a bit shocking. If I hit a shocking shot like this, it’s not good enough.”

Lowry, who finished with a 69, added: “I should be winning. But I didn’t and I’ll lick my wounds and move on and get going for next week.

“This is going to hurt for a day or two. I haven’t won in a few years. It’s hard to get over the line. I know this is not the biggest tournament in the world. But you’ve still got to beat Rory McIlroy down the stretch. I did that. I just gave it to Nacho at the end.”

World No.190 Elvira had started the final day with a two-shot lead and led by three before back-to-back bogeys at the turn. McIlroy then got hot in the January sun and equalled his career-best streak of five straight birdies – and saw his putt at 14 stop an inch short – to join a five-way logjam at the top of the leaderboard which also included England’s Marcus Armitage.

The Masters champion failed to get up-and-down from the same greenside bunker as his pal Lowry at the last and carded a 68.

But the world No.2, who has had his share of on-course heartbreaks over the years, will quickly get over this latest near miss before this week’s Hero Dubai Desert Classic – the first Rolex event of the year.

“I wasn’t really focused on winning,” he said. “This was always a week to just get back at it and sort of get ready for next week.

“I saw some decent signs. I still need to sharpen up the game a little if I want to contend next week.”

It was still McIlroy’s 16th top-five finish in his 19th opening tournament of the year.

“Not bad is it?” he said, smiling.

NACHO CHEERS Elvira with the trophy after he held his nerve as Lowry imploded

BOWL BECKONS BUT BO'S NIXED BY BLOW

NFL: PLAY-OFFS

BY **KEITH WEBSTER**

BO NIX led Denver to within one game of the Super Bowl – before being ruled out for the season just one hour later.

The quarterback helped the Broncos to a thrilling 33-30 overtime victory against the Buffalo Bills, eclipsing opposite number and league MVP, Josh Allen.

But head coach, Sean Payton, revealed his star needs surgery and will take no further part in the campaign after breaking his right ankle just before the end of Denver’s dramatic win.

He said: “Bo’s a tough cookie. I said, ‘You’re the second quarterback in year two to take your team to a Championship Game, and the first is [Patrick] Mahomes.’

“This team’s lost key players all year, we’ll rise to the next challenge and we’ll go from there.”

Nix will be replaced on Sunday for Denver’s biggest game since their Super Bowl win 10 years ago, by veteran back-up Jarrett Stidham, who has barely played in his seven seasons. But Payton expects his players to suck it up and bring extra effort.

“They’ll be let down,” Payton said. “There will be a lot of emotions, and then refocus takes place.

“Stiddy’s ready, and we’ll be ready.”

Bills’ QB Allen has had his team in the play-offs seven years in a row but never made the Super Bowl. Four times, they have been knocked out by Mahomes and the Kansas City Chiefs.

With KC flopping, the road appeared clear for Allen to finally make it to his first Super Bowl, only for an error-strewn night to wreck those hopes.

Allen, head in hands said: “It’s extremely difficult. I feel like I let my team-mates down.

“I fumbled twice. When you shoot yourself in the foot, you don’t deserve to win games.”

NIX IN A FIX Star needs surgery

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SCAN ME

OPENER Ollie Smith puts Glasgow ahead

Sarries must hit the road after failing to stop tough Warriors

RUGBY UNION

Glasgow 28
Saracens 3

BY **JAMES CANN**

SARACENS will visit Bath in the Champions Cup round of 16 after losing at Glasgow in their final pool match.

Most of the points came in the first half, with Warriors scoring three converted tries through Ollie Smith, Kyle Steyn and George Horne, while Saracens replied with an Owen Farrell (below) penalty.

Seb Stephen then rumbled over in the closing seconds to earn Glasgow a fourth bonus-point pool-stage victory in a row.

Their reward for topping Pool A is a last-16 tie against the Bulls in April.

Glasgow forged in front with their first meaningful attack as Alex Craig carried them deep into Saracens territory before they worked it for Smith to score.

Saracens struck back quickly after the Warriors were caught offside and Farrell made a straightforward kick.

Saracens' Juan Martin Gonzalez was shown a yellow card before tempers frayed after the visitors had successfully repelled the Glasgow maul to win the put-in. But the home side were well in the ascendancy by this point and scored two tries in as many minutes.

First, Horne's neat pass picked out Steyn to touch down under the posts. Then a rampaging carry from Jack Dempsey teed up Horne to dot down himself.

The home side were temporarily reduced to 14 men when Kyle Rowe was shown a yellow card for coming in too high on Rotimi Segun as he and Steyn bundled the winger into touch.

Saracens enjoyed far more territory and possession after the break but got little joy.

The home team finished on top and Steyn was stopped just short of the line, with Saracens' Noah Caluori shown a yellow card in the aftermath. Warriors, though, would not be denied and the maul drove Stephen over with the clock in the red.

Quins lay down Law

HARLEQUINS defied their abysmal domestic form to stun La Rochelle 27-17 and secure home advantage in the Champions Cup round of 16.

England fly-half Marcus Smith was sent to the sin bin for a high tackle in the 56th minute but upon his return, Quins won the game when Tom Lawday (above) delivered the decisive score.

NORTHAMPTON wings Edoardo Todaro and Ollie Sleightholme did the damage in a 43-28 victory against Scarlets that secured a home tie in the last 16.

Teenager Todaro displayed his finishing instincts to grab a first-half hat-trick and was named man of the match, while Sleightholme went over in the 51st minute.

Saints finished the group in second, behind defending champions Bordeaux, who outgunned Bristol 27-15.

IN THE LIMELIGHT Fery reacts to stunning win on Melbourne show court

FERY TALE IS A WORK OF ART

Brit raises his game on the biggest stage again to claim Major scalp of a 20th seed

FROM **YASMIN SYED** IN MELBOURNE

ARTHUR Fery revealed he "loves big stages" after a case of deja vu got him off to a flying start at the Australian Open.

Britain's world No.186 stunned Flavio Cobolli 7-6 6-4 6-1 to advance to round two, and banked a guaranteed minimum £112,000 in prize money.

Fery earned a statement win (right) over then-world No.22 Alexei Popyrin at Wimbledon last summer, when Popyrin was the No.20 seed.

And it was the same story in Melbourne, where world No.22 Cobolli was also seeded 20th but became Fery's latest victim.

It has become something of a lucky number for the French-born Brit, who told the John Cain Arena crowd: "Seems like I like drawing the 20th seed in main draws of Slams!

"Flavio is a great player. I would much rather have drawn someone obviously not as good as him, but it was great to play on a big court, and I love playing on big stages."

Cobolli was visibly struggling during the match, needing bathroom breaks, repeatedly calling the trainer, and taking some tablets.

The Italian later revealed that he picked up a stomach issue, which only set in half an hour before the match. But Fery focused on himself.

The British No.7 said: "I wasn't really paying too much attention to him.

"He had the physios on and off the court at the start. I knew his stomach was bothering him.

"But then he broke me a few times and was encouraging himself. There was nothing really that I could do about his physical state.

"I just tried to focus on myself and put my game on the court and my best foot forward."

Fery has yet to drop a set in Melbourne Park this year, winning three qualifying matches to make it into the main draw.

The 23-year-old knows what it takes to cause an upset at a Major tournament after beating Popyrin at Wimbledon while he was a wild card - but it was extra satisfying for Fery to earn a big win outside of the UK.

The youngster, who grew up in Wimbledon and played college tennis in America at Stanford, said: "It's very satisfying.

"I was already happy to qualify here for my first time in the quallies of a slam on my own.

"And now coming through quallies and winning a round, I'm proud of it.

"I was hoping that at some point I was going to be able to play other Slams without needing wild cards."

Fery will now face Argentina's world No.62 Tomas Etcheverry, and is hoping to continue his fairy-tale run after his mum jetted in to watch his opening match.

"When I won that last round, she asked me if she could come," he said, smiling.

"I was, 'Of course, it would be nice to have you here'. It's obviously it's a long way, but at least I made it worth it. She can see at least two matches – hopefully more."

Novak's warning top two

NOVAK DJOKOVIC admits he lacks "a little bit of juice" but has backed himself to challenge Carlos Alcaraz and Jannik Sinner in Melbourne.

The 38-year-old was the only other man to beat either Alcaraz or Sinner at a Grand Slam last year, toppling the Spaniard in the quarter-finals here, and he remains arguably their biggest threat, despite his advancing years.

He lost to Sinner twice and Alcaraz once in the semi-finals at the other slams, all in straight sets, but said: "I know that, when I'm healthy, when I'm able to put all the pieces of the puzzle together on a given day, I feel like I can beat anybody."

Djokovic has won the title in Melbourne 10 times, but he knows his own body is likely to be as big an obstacle as the top two.

The Serbian has not played since November and said: "I'm missing a little bit of juice in my legs, to be able to compete with these guys at the later stages."

NORRIE NEEDED RALLY AFTER LOSING FOCUS

CAMERON NORRIE was put through the wringer before battling past tricky Frenchman Benjamin Bonzi to reach the second round.

The No.26 seed (right) got off to a fast start when he took the opening set in just 24 minutes - but needed another three hours to clinch a 6-0 6-7 4-6 6-3 6-4 victory.

Norrie's match was the last on the 1573 Arena - and the British No.2 suffered some lapses in concentration after

FROM **YASMIN SYED**

waiting around all day. He said: "There was a lot going on. I thought I was not really able to focus my best for a period in the match.

"I knew the tennis was there. I was all over the place. A lot of points where I should have won, and I was not winning.

"He came up with a couple of good shots. I thought I was stopping in some moments. There were a couple of breaks that were just a little bit donated from me. I've been playing in the previous weeks solid on my serve.

"That was interesting to have those dips in concentration. But to bring it back with the level I did was really good."

Norrie arrived on site at 10am but did not get onto the court until after 6pm local time.

The world No.27 said: "I felt a little bit like I'd had a long day already and I still had the five sets to play.

"Matches can be physical, can be concentration, can be other things that you're not ready for.

"I didn't feel like I was in the match as I was, as I would have liked, for a period of time. But I was able to bring that back. That's what I was so pleased with, I was able to bring back that mentally and go and play the level that I did in the fifth set."

Norrie will now face American world No.89 Emilio Nava. "I went to TCU [Texas Christian University] with his cousin, Eduardo.

"They play very similar. He hits the ball so big," he added.

I would rather have drawn someone not as good. But I love playing on big stages

SHAKE UP Fery is congratulated by Cobolli

Fan-tastic turnaround for 'Rado'

FROM **YASMIN SYED**

EMMA RADUCANU turned things around to seal a 6-4 6-1 victory over Thailand's Mananchaya Sawangkaew with the help of a vocal fan.

One Aussie inside Margaret Court Arena cheered for "Rado" throughout the match, telling her: "Big serve and forehand, that's your strengths." And the British No.1 was so thrilled with the support that she invited the fan to her matches.

"Never heard that before. Pretty original," Raducanu said of her new nickname.

"To have that on my side in the big moments, it was a good spur of encouragement.

"I said he can come to any match. I need to try to locate him. I hope he comes back.

"Sometimes what they say ends up being a good point. I'm like, fair play. Use your forehand, use your serve. It's a good reminder!

"The timing could be better co-ordinated. Maybe I'll have a word before the next match.

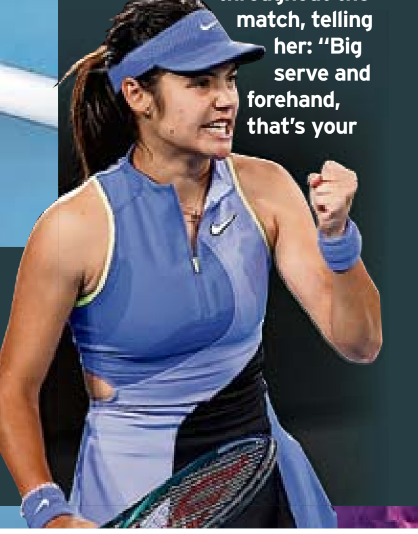
"Sometimes you'll hear something and feel yourself maybe getting a little bit flat for two, or three points. Then you hear that, it kind of wakes you up. It depends what they are saying. But the guy today, I really enjoyed it."

Raducanu's pre-season preparations were hampered by injury, and she only started playing points at the beginning of the year. She had to work her way into her opening match in Melbourne Park after trailing 1-3 and facing break points.

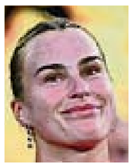
Raducanu added: "I'm really proud because I came having not played any practice points.

"My match with [Maria] Sakkari [at United Cup] was pretty much the first practice I played, which is unheard of.

"Having gone through that and having only had two weeks out here of playing and finding my feet, I'm happy with the level and I'm also happy with the speed at how quickly I've kind of found my feet."



THAI-BREAKER Raducanu was roared on to victory against Sawangkaew by a vocal fan



Fab Sab and Alcaraz make it a top night

FROM **YASMIN SYED**

WORLD No.1s Aryna Sabalenka and Carlos Alcaraz made light work of their opening matches in Melbourne as they headlined the night session on Rod Laver Arena.

Two-time former champion Sabalenka (above) recovered from an early-break deficit to beat French wild card Tiantsoa Rakotomanga Rajaonah, while Roger Federer and Rod Laver watched on from the front row.

Sabalenka said: "I got a little bit tight. I wanted to show great tennis so you guys enjoy watching me play, but what a privilege."

Alcaraz followed Sabalenka into the second round, beating Aussie hope Adam Walton 6-3 7-6 6-2. Aged 22, the Spanish superstar can become the youngest man to complete the career Grand Slam by lifting the trophy this fortnight.

After playing his first official match in 63 days, Alcaraz said: "I felt great. I think this kind of level and difficulty in the first round is good for me, to get ready for the next round."

Venus Williams became the oldest woman to play a match at the Australian Open.

But the 45-year-old lost the last six games of the match and suffered a 6-7 6-3 6-4 defeat by Olga Danilovic.

Williams will now compete in the women's doubles event alongside Ekaterina Alexandrova.

SPORT IN BRIEF

AMERICAN FOOTBALL

NFL: Denver Broncos 33 Buffalo Bills 30 (OT), Seattle Seahawks 41 San Francisco 49ers 6.

GOLF

DP WORLD TOUR DUBAI INVITATIONAL, DUBAI CREEK RESORT, DUBAI, UAE—Final rnd (Gbr & Irl unless stated, Par 71): **274** I Elvira (Spa) 69 68 68 69, **275** D Hillier (Nzl) 69 72 69 65, **276** R McIlroy 66 74 68 68, J Guerrier (Fra) 68 76 66 66, D Puig (Spa) 67 72 70 67, S Lowry 69 68 70 69, **278** M Wallace 68 73 69 68, T Olesen (Den) 73 70 66 69, M Armitage 69 70 68 71.

ICE HOCKEY

NHL: Buffalo Sabres 4 Minnesota Wild 5 (OT), Philadelphia Flyers 3 New York Rangers 6, Calgary Flames 4 New York Islanders 2, Utah Mammoth 6 Seattle Kraken 3, New Jersey Devils 1 Carolina Hurricanes 4, Pittsburgh Penguins 3 Columbus Blue Jackets 4 (SO), Washington Capitals 2 Florida Panthers 5, Ottawa Senators 5 Montreal Canadiens 6 (OT), Winnipeg Jets 3 Toronto Maple Leafs 4 (OT), Chicago Blackhawks 2 Boston Bruins 5, Vegas Golden Knights 7 Nashville Predators 2, Anaheim Ducks 2 Los Angeles Kings 1 (OT), Vancouver Canucks 0 Edmonton Oilers 6.

RUGBY UNION

European Champions Cup

Pool One

SHARKS	50	CLERMONT A	12
TOULOUSE	77	SALE	7
GLASGOW	28	SARACENS	3

Pool Two

GLOUCESTER	14	TOULON	31
MUNSTER	29	CASTRES	31

Pool Three

BAYONNE	13	LEINSTER	22
STORMERS	39	LEICESTER	26
LA ROCHELLE	17	HARLEQUINS	27

Pool Four

BRISTOL	15	BORDEAUX-B	27
NORTH'PTON	43	SCARLETS	28

European Challenge Cup

Pool 1

BLACK LION	14	ZEBRE	28
CONNACHT	75	MONTAUBAN	14
OSPREYS	26	MONTPELLIER	31

Pool 2

PERPIGNAN	20	LIONS	20
LYON	19	B TREVISO	38

Pool 3

ULSTER	26	S FRANCAIS	19
EXETER	31	CARDIFF RUGBY	0
RACING 92	31	CHEETAHS	28

TENNIS

AUSTRALIAN OPEN (Melbourne)—**Mens Singles 1st rd:** D Dzumhur (Bih) bt Liam Draxl (Can) 7-5 6-0 6-4; (10) A Bublik (Kaz) bt J Brooksby (USA) 6-4 6-4 6-4; (1) C Alcaraz (Spa) bt A Walton (Aus) 6-3 7-6 (7-2) 6-2; Y Hanfmann (Ger) bt Z Svajda (USA) 7-5 4-6 6-4 7-6 (7-3); T M Etcheverry (Arg) bt M Kecmanovic (Ser) 6-2 3-6 4-6 6-3 6-4; F Comesana (Arg) bt P Kypson (USA) 6-2 6-3 3-6 6-3; (3) A Zverev (Ger) bt G Diallo (Can) 6-7 (1-7) 6-1 6-4 6-2; (32) C Moutet (Fra) bt T Schoolkate (Aus) 6-4 7-6 (7-1) 6-3; (26) C Norrie (Gbr) bt B Bonzi (Fra) 6-0 6-7 (2-7) 4-6 6-3 6-4; (29) F Tiafoe (USA) bt J Kubler (Aus) 7-6 (7-4) 6-3 6-2; E Nava (USA) bt K Jacquet (Fra) 6-2 7-5 6-7 (5-7) 4-6 7-6 (10-6); J Faria (Por) bt A Blockx (Bel) 6-3 3-6 6-3 6-4; M Zheng (USA) bt S Korda (USA) 6-4 6-4 3-6 6-7 (0-7) 6-3; (18) F Cerundolo (Arg) bt Z Zhang (Chn) 6-3 7-6 (7-0) 6-3; A Fery (Gbr) bt (20) F Cobolli (Ita) 7-6 (7-1) 6-4 6-1; M Fucsovics (Hun) bt C U Carabelli (Arg) 7-6 (7-5) 6-1 6-2. **Womens Singles 1st rd:** P Kudermetova (Uzb) bt G M Zuleta De Reales (Spa) 6-2 6-3; H Baptiste (USA) bt (32) T Townsend (USA) 6-3 6-7 (3-7) 6-3; E G Ruse (Rom) bt (26) D Yastremska (Ukr) 6-4 7-5; Z Bai (Chi) bt A Pavlyuchenkova (Rus) 6-4 2-6 7-6 (12-10); A Potapova (Aut) bt Suzan Lamens (Ned) 3-6 7-5 6-2; M Sakkari (Gre) bt L Jeanjean (Fra) 6-4 6-2; (12) E Svitolina (Ukr) bt C Bucsa (Spa) 6-4 6-1; T Gibson (Aus) bt A Blinkova (Rus) 6-1 6-3; C McNally (USA) bt Himeno Sakatsume (Jpn) 6-3 6-1; E Jacquemot (Fra) bt (20) M Kostyuk (Ukr) 6-7 (4-7) 7-6 (7-4) 7-6 (10-7); (1) A Sabalenka (Blr) bt T Rakotomanga Rajaonah (Fra) 6-4 6-1; (28) E Raducanu (Gbr) bt M Sawangkaew (Tha) 6-4 6-1; Z Sonmez (Tur) bt (11) E Alexandrova (Rus) 7-5 4-6 6-4; (7) J Paolini (Ita) bt A Sasnovich (Blr) 6-1 6-2; Y Putintseva (Kaz) bt B Haddad Maia (Bra) 3-6 7-5 6-3; O Danilovic (Ser) bt V Williams (USA) 6-7 (5-7) 6-3 6-4.

TODAY'S DIARY

(7.45pm unless stated)

Premier League

Brighton v AFC Bournemouth (8pm).........
(Live on Sky Sports Main Event)

CRICKET

First Twenty20 International: Afghanistan v West Indies (Sharjah, 2.30pm).

FINE VINTAGE Danny Welbeck is in the form of his life at 35

WELBECK'S MORE FAB THAN EVER

BRIGHTON v BOURNEMOUTH

Kick-off: 8pm, live on Sky Sports

HE TURNED 35 a couple of months ago but, according to his manager, Danny Welbeck is getting better with age.

Brighton boss Fabian Hurzeler tonight hosts Bournemouth knowing that a victory will take the Seagulls flying into the top 10 of the Premier League.

Last weekend, Welbeck's goal at his former home at Old Trafford knocked Manchester United out of the FA Cup.

And Hurzeler is thrilled to have the veteran who is still finding the net at the highest level.

"He's getting better and better," said the German (inset). "We have to modify things for him, we have to manage him. We have to give big praise to our medical department, to everyone who's involved in managing him.

"He's played an incredible amount of minutes that he has never played before. Credit to Danny because he behaves in a very professional way.

"He's preparing well for the training sessions. He does everything for good regeneration, to make sure he's ready for the next session, for the next game.

"He's a professional and we can do a lot of things with him so he's not doing training that a young guy would do."

More than that, Hurzeler also revealed that Welbeck is a fabulous example to the youngsters around the club.

"Definitely," he added. "That's always what I try to emphasise. You need these kinds of role models in your team who leads by example, because then you can really hold the young players to account.

"There are a lot of young players who want to have careers like Danny Welbeck, Lewis Dunk and James Milner. These experienced players can share with the young players what they need to do to have those kind of careers.

"It's important to have role models who really drive the culture and lift the standards with their daily behaviour. It's a very important mix you need to have in the team."

Meanwhile, Bournemouth are on the verge of signing defensive midfielder Alex Toth from Ferencvaros.

Toth, 20, is expected to undergo a medical on the South Coast today after the Cherries agreed a deal worth £10.4m plus a further £2.6m in add-ons.

Lazio had been linked with the Hungarian international, but the Cherries have snuck ahead of the Serie A giants for Toth, who will become their second signing of the January window after keeper Fraser Forster.

TOT YOU A

FIST CLASS Martinez salutes fans after derby success

PREMIER LEAGUE

MAN UNITED		MAN CITY
32%	POSSESSION	68%
7	SHOTS ON TARGET	1
4	SHOTS OFF TARGET	3
302	TOTAL PASSES	646
1	CORNERS	6
6	OFFSIDE	1
13	FOULS	8
🟥 0 🟨 2	CARDS	🟨 3 🟥 0

REF: Anthony Taylor **ATT:** 74,004

LINE-UPS

MAN UNITED (4-2-3-1): Lammens; Dalot, Maguire, Martinez, Shaw (Heaven 90); Casemiro (Ugarte 81), Mainoo; Diallo, Fernandes (Mount 90), Dorgu; Mbeumo (Cunha 71).

MAN CITY (4-1-4-1): Donnarumma; Lewis, Khusanov, Alleyne (O'Reilly 46), Ake; Rodri; Semenyo, Foden (Cherki 46), Silva (Reijnders 80), Doku (Ait-Nouri 80); Haaland (Mukasa 80).

MAN OF THE MATCH
BRUNO FERNANDES

CITY STAR NEEDS ERL-Y NIGHT

BY **ANDY DUNN**

PEP GUARDIOLA has refused to confirm he will rest "exhausted" Erling Haaland – even though the striker failed to make it to the end of the Manchester derby.

Haaland was substituted after 80 minutes and has now failed to score from open play in his last seven matches.

And after the win in the first leg of the Carabao Cup semi-final at Newcastle, Guardiola said: "Hopefully Omar (Marmoush) will be back soon to give rest to Erling because Erling is exhausted." But even though Egypt were knocked out of the Africa Cup of Nations last week, Marmoush is unlikely to feature in City's Champions League clash against Bodo/Glimt in Norway tomorrow.

Guardiola said: "I don't know when Omar comes and Erling is going to play.

"Erling is so important for us. We'll see what happens next game. We need Erling and we need all of them."

Since mid-August, Haaland has played 35 times for club and country and was way off the pace at Old Trafford.

BIG CALL Pep Guardiola needs to rest Erling Haaland soon

IT'S STORM IN A TEACUP

PAUL SCHOLES is ready to meet Lisandro Martinez after the Manchester United defender told the Old Trafford legend to come round to his house and criticise him to his face.

Martinez helped United to shut down Erling Haaland and the rest of Manchester City's A-listers in the derby.

But it came after Scholes ridiculed the Argentinian centre-back over what City striker Haaland would do to him when they met on Saturday. Martinez called Scholes out after United's victory, saying he was typical of ex-Red Devils who mouth off on television but don't say anything critical to players' faces.

After suggesting Scholes should be more open about it, the midfielder, who played 721 games over 20 years for United and won 11 league titles, appeared to accept Martinez's offer.

"Someone's had a good game, was really happy for you... Tea, no sugar pls @lisandromartinezzz" said Scholes on Instagram.

LESSON

'Toddler' Martinez a titan as he muscles out Haaland then puts a challenge in on Scholes

SILENCED United legends Scholes and (right) Butt

MANCHESTER UNITED 2
Mbeumo 65, Dorgu 76
MANCHESTER CITY 0

BY **ANDY DUNN**

WHEN Paul Scholes was previewing the Manchester derby with his old mate Nicky Butt, he raised the prospect of Lisandro Martinez having to deal with Erling Haaland.

And Scholes simply puffed out his cheeks in mock exasperation, implying the contest would be a one-sided affair – and not in the Manchester United man's favour.

Butt joined in the fun, saying: "Haaland would pick Martinez up and run with him. You know when you see a dad at school running down the road with a little toddler."

Scholes laughed: "He'd score, then throw him in the net."

Alas, it did not quite work out that way. And after Martinez – with the help of central defensive partner Harry Maguire – had dominated Haaland to such an extent the Manchester City striker was substituted by Pep Guardiola, the Argentinian made his feelings clear on the criticism that so often comes from ex-United players.

Martinez said: "Honestly, he (Scholes) can say whatever he wants.

"I told him already, if he wants to say something to me, he can come to wherever he wants. To my house, wherever. I don't care.

"Everyone can talk on television, but when you sit here face to face, no one says anything in your face.

"So for me, I don't care what they say. I just put the focus on my performance, the performance of the team and I give everything until my last day."

Within the United squad, there is clearly a growing feeling that negativity from former players is now excessive and, on occasions, unjustified.

And before goals from Bryan Mbeumo and Patrick Dorgu had given United a memorable win, Roy Keane had again questioned the appointment of Michael Carrick and his staff.

Carrick responded in the best possible way, picking a team that never looked in any trouble against City and threatened to score almost every time a counter-attack was launched.

And, tellingly, Martinez explained how Carrick has already transformed the atmosphere at the training ground after 14 months of Ruben Amorim.

He added: "So different, so different. Different mentality, different guy. He knows what it really means, this club.

"He sent us a message that he played here for a long, long time. He won everything. He's a big legend.

"He wants to help the club and I think we were in a tough situation and today was the best moment to change that.

"The team today was different. When you have a coach like Michael Carrick, who really knows, who really can share with you the energy of the club and what it means, it's so different."

But when the euphoria inside a bouncing Old Trafford had died down a little, Martinez was at pains to remind everyone that this sort of performance should be the norm for a team of United's standing.

He said: "Today is the standard for this club. It's about the connection. It's about how we represent them [the fans] on the pitch. If they see us fighting like today, they will be with us. You can feel the mentality. I'm so happy. I feel amazing."

SLIDE AND PASSION United defender Martinez denies Erling Haaland (left), who had an off day

BRY & MIGHTY Mbeumo enjoys netting opener

PAT'LL DO IT Michael Carrick thanks scorer Patrick Dorgu

Diaz gifts glory to Senegal

Senegal 1 Morocco 0
AFTER EXTRA TIME

SENEGAL were crowned champions again after the Africa Cup of Nations final had descended into chaos last night.

Pape Gueye's thunderbolt four minutes into extra time ensured the 2021 winners regained their title against hosts Morocco in Rabat.

But Morocco had missed the chance to win it in second-half stoppage time when Brahim Diaz chipped a terrible penalty straight at Edouard Mendy, after Senegal players had walked off the pitch in protest.

Senegal looked to have won it when Ismaila Sarr headed home a rebound three minutes into stoppage time after Abdoulaye Seck's header had struck the post but referee Jean-Jacques Ndala disallowed the goal for an adjudged foul by Seck on Achraf Hakimi.

Diaz then went down in the box after El Hadji Malick Diouf had wrapped his arms round his neck and Ndala pointed to the spot.

That caused uproar with the Senegalese bench and boss Pape Thiaw ordered his players back to their dressing room.

Only Sadio Mane stayed out and furiously urged his team-mates to return.

Reluctantly, they did, by which time 16 minutes had passed and Diaz stepped up before clipping straight into Mendy's arms.

The heartbroken forward was in tears and Moroccan players and staff had to rally round him.

Then Gueye received the ball inside the Moroccan half, drove towards their box and lashed a rocket straight into the top corner which clipped the underside of the crossbar on the way in.

Morocco's Nayef Aguerd headed against the crossbar and Senegal's Cherif Ndiaye then missed with an open goal gaping.

KICKING OFF Senegal and Morocco players clash

MATETA Target man

Scramble to keep manager

FROM BACK PAGE

Juventus to make a bid for Jean-Philippe Mateta which would surely test Glasner's patience again.

The Italian giants want to agree a loan until the end of the season with an obligation to buy but Palace's worry is that Mateta only has 18 months left on his contract.

They do not want to face a repeat of the situation with Marc Guehi, who is set to join Manchester City in a cut-price £30million deal because his contract only has six months left.

That sparked the civil war at Palace on Friday, when Glasner sent shockwaves through the club by going public in announcing he would leave at the end of the season when his contract expires.

Glasner said he would stay despite being unhappy at losing Guehi (below)but the kicked off again following the loss at Sunderland.

The unhappy boss accused the club's hierarchy of "abandoning" him by selling Guehi, which came on the back of losing Eberechi Eze to Arsenal in the summer.

Glasner said: "Your heart gets torn out twice in a season, one day before a game. It's tough to survive. We feel that we're being abandoned.

"There's no support. Everybody's disappointed. We've been playing with 12 to 13 players for weeks. On the bench I had just kids."

That infuriated Palace, who immediately feared Glasner could be on his way with the club on a winless run of 10 games and a week after they crashed out of the FA Cup at non-League Macclesfield, just months after lifting the trophy.

They have now held talks to clarify his position but, bearing in mind his shock outburst at Sunderland, there remains a doubt. Glasner is on the radar of a host of top clubs, including Manchester United.

HEART OF GLAS: SEE PULL-OUT PAGES 6-7

CLARET &

Barry hits Villa who miss big chance to

PREMIER LEAGUE

ASTON VILLA		EVERTON
64%	POSSESSION	36%
5	SHOTS ON TARGET	3
7	SHOTS OFF TARGET	2
490	TOTAL PASSES	282
6	CORNERS	4
1	OFFSIDES	4
15	FOULS	13
0 🟥 1 🟨	CARDS	2 🟨 0 🟥

REFEREE: Tony Harrington

LINE-UPS

ASTON VILLA (4-2-3-1): Martinez; Cash, Konsa, Torres, Maatsen (Digne 72); Bogarde (Hemmings 73), Tielemans; McGinn (Guessand 18), Buendia, Rogers; Watkins.

EVERTON (4-2-3-1): Pickford; Patterson, Tarkowski, O'Brien, Mykolenko; Rohl, Garner; McNeil, Armstrong, Grealish; Barry (Beto 83).

MAN OF THE MATCH
THIERNO BARRY

ASTON VILLA	0
EVERTON	1
Barry 59	

BY **JOHN CROSS**

WHAT was supposed to be Aston Villa's big chance turned out to be Arsenal's lucky day.

Everton snatched an unlikely but hard-fought and deserved victory to end Villa's amazing run of 11 consecutive home wins in all competitions.

And rather than the Villans closing the gap on Arsenal to four points, they were left still seven adrift of the leaders and stuck in third place behind Manchester City.

In retrospect, the Gunners' draw at Nottingham Forest was not so much two points dropped but another point gained on their challengers at the top.

This three-horse title race has taken yet another turn and, after City lost the Manchester derby, it felt like one hell of a chance wasted by Unai Emery's men.

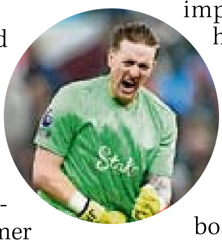
And even more concerning for Villa was another injury as they lost John McGinn after only 18 minutes. They are also beginning to look fatigued because of a lack of options in the squad.

Boubacar Kamara is already out and they sold Donyell Malen this week – he scored on his Roma debut when Villa really could have used his extra energy from the bench.

Morgan Rogers, on his 100th Villa appearance, gave absolutely everything but even he could not find a way through this time.

Youri Tielemans covered the ground of two players in midfield but failed to unlock an Everton defence which stood firm and defiant.

By the final whistle, even the home fans had emptied out because they had given up hope on a frustrating day at Villa Park.



They have enjoyed some brilliant wins and barnstorming performances, but this day belonged to Everton and how Arsenal boss Mikel Arteta will owe his former Toffees manager and mentor, David Moyes.

Moyes went over to the travelling fans at the final whistle and they certainly loved Thierno Barry's brilliant second-half winner down at their end.

It was a lovely piece of improvised skill and hardly a flash in the pan either as the visitors also hit the post and had an effort ruled out by VAR for offside.

It is obvious Villa boss Emery – who has been defying the stats and xG predictions all season – might now need help in the

BLEW IT

narrow gap on leaders Arsenal

BARRY SHEEN Match-winner Barry put the gloss on an excellent Everton display with a second-half winner

transfer market as some of his hard-earned luck ran out this time.

They did not have options from the bench either as teenager George Hemmings, 18, came on for only his second senior appearance.

Everton could have taken the lead after just 10 seconds when Merlin Rohl's shot hit the post.

Then McGinn went off and how Villa missed him. Tielemans' brilliant pass put in McGinn's replacement, Evann Guessand, but he put his tame effort straight at keeper Jordan Pickford. Everton's Vitalii Mykolenko saw his shot superbly tipped over by Emiliano Martinez. Then a real moment of controversy.

Everton defender Jake O'Brien headed the ball into the net, only for his effort to be ruled out by VAR because Harrison Armstrong was offside and deemed to be impeding Emiliano Buendia in the box. There did not look much in it.

Guessand headed against the bar before half-time and, despite pressure and possession, Villa created few clear-cut chances in the second half. Pickford (inset) made one super save from Rogers but there was not much else. The Toffees put the cat among the pigeons on 59 minutes. Villa defender Pau Torres failed to control the ball on the edge of the box, Martinez saved Dwight McNeil's shot but only pushed it into the danger area.

Barry, who scored just once in his first 18 Premier League outings, chipped the ball over Martinez and inside the far post for his third goal in four games to give Everton the most unlikely of wins.

PREMIER LEAGUE

	P	W	D	L	F	A	Pts
Arsenal	22	15	5	2	40	14	50
Man City	22	13	4	5	45	21	43
Aston Villa	22	13	4	5	33	25	43
Liverpool	22	10	6	6	33	29	36
Man Utd	22	9	8	5	38	32	35
Chelsea	22	9	7	6	36	24	34
Brentford	22	10	3	9	35	30	33
Newcastle	22	9	6	7	32	27	33
Sunderland	22	8	9	5	23	23	33
Everton	22	9	5	8	24	25	32
Fulham	22	9	4	9	30	31	31
Brighton	21	7	8	6	31	28	29
Crystal Palace	22	7	7	8	23	25	28
Tottenham	22	7	6	9	31	29	27
Bournemouth	21	6	8	7	34	40	26
Leeds	22	6	7	9	30	37	25
Nottm Forest	22	6	4	12	21	34	22
West Ham	22	4	5	13	24	44	17
Burnley	22	3	5	14	23	42	14
Wolves	22	1	5	16	15	41	8

Emery counts cost of damaging defeat

FROM BACK PAGE

way that we are doing. We created chances, we didn't score. They had fewer chances than us and scored.

"It's the Premier League. We are not a contender to be in the top four like we are now. They have very good players and are strong tactically. They deserved to win. We must analyse and keep going."

Emery admitted that he does not know the extent of McGinn's injury but also suggested they may have to look at the marke,t with England striker Tammy Abraham on their radar. Villa already have Boubacar Kamara and Amadou Onana out.

Emery added: "Of course when some players are getting injured, it is not good. It is football and we have to accept it. It is another opportunity for other players to play.

"We have enough players to get the performance we need. Of course, we must replace players who are leaving."

Everton boss David Moyes praised his players at both ends of the pitch as they could have won more comfortably after seeing Jake O'Brien's goal controversially ruled out because VAR deemed Harrison Armstrong was offside and interfering with play.

On Barry's goal, Moyes said: "It was a great finish.

"From the dugout, I couldn't tell if it was over the line but with the other decisions going against us, they would have found a way to say it hadn't gone in."

WAT A SHOCKER It was a bad day for Ollie Watkins and Aston Villa

PRESSURE Spurs boss Frank

Frank in a battle to cling on

FROM BACK PAGE

against Borussia Dortmund tomorrow.

Tottenham have won just one of their past eight games and the fans chanted, "You're getting sacked in the morning" after their home defeat by West Ham on Saturday.

Frank insisted afterwards that he retains the support of the club hierarchy and is determined to turn things around. But there was a fan protest before the game and that has turned up the heat on a boss who has been in charge for just seven months.

Vinai Venkatesham (below) was at the club's training ground yesterday morning, amid Frank coming under increasing scrutiny.

The Tottenham chief executive penned an open letter to Spurs fans in Saturday's programme as he stressed the club want to stick to a long-term plan and improve engagement with fans.

The supporters are making their views clear and that is a major concern, especially as season ticket holders have to buy their seats for Champions League games.

The Dortmund game could be a barometer, while they also face a tricky trip to Burnley on Saturday.

FRANKLY IT CAN'T GO ON: SEE PULL-OUT PAGES 8-9

Tribute to Roberts

FORMER Daily Express sports writer John Roberts has died aged 84.

John joined the Express in the early 1960s, covering Everton and Liverpool. He also ghost-wrote an Express Sport column by Manchester United icon George Best.

Among John's other notable projects was Bill Shankly's autobiography.

He is survived by Phyllis, his wife of 58 years, their children Chris, Leanne and Gerard, and grandchildren Jack, Noah, Mai and Hassie.

DAILY EXPRESS
SPORT
express.co.uk/sport

Frank in trouble

BY **JOHN CROSS**

THOMAS FRANK is fighting to save his job as Tottenham head coach.

Spurs have been determined to give him every chance to succeed, but there is growing concern within the club about results.

That has left the Dane in serious jeopardy, as it is believed his future has been discussed at board level.

Frank is hoping to still be in charge for Tottenham's Champions League clash

TURN TO PAGE 51, COLUMN 6

DAILY EXPRESS Fever Pitch

ALL THE BEST ACTION, REACTION AND ANALYSIS

TOOTHLESS TOON

YOUR PULLOUT FREE INSIDE

A VILLA 0 EVERTON 1

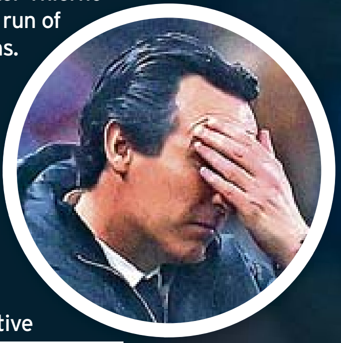
BARRY NETS GAME'S ONLY GOAL TO DENT VILLANS' TITLE HOPES: SEE PAGES 50-51

Villa shot takes hit

BY **JOHN CROSS**

FURIOUS Unai Emery admitted Aston Villa blew a "very good opportunity" as their Premier League title hopes took a major blow.

Emery looked angry as Everton striker Thierno Barry's sensational finish ended Villa's run of 11 straight home wins in all competitions.



Villa head coach Emery (right) also suffered another major injury blow as captain John McGinn went off with a knee injury as they failed to close the gap on leaders Arsenal.

Emery said: "We lost a very good opportunity. We lost the chance to be second, which is really fantastic.

"After feeling frustrated losing this match, we must recover our good positive

TURN TO PAGE 51, COLUMN 4

TERRIFIC THIERNO
Barry enjoys his winner to stun Villa Park

WOLVES 0 NEWCASTLE 0

BASEMENT BATTLERS WOLVES KEEP MINI REVIVAL GOING AS TOON LEFT TRAVEL SICK AGAIN PULLOUT PAGES 1-3

Palace meet Glasner in a bid to avoid an early exit

BY **JOHN CROSS**

OLIVER GLASNER has held peace talks as Crystal Palace want him to stay until the end of the season.

The Palace manager met with chairman Steve Parish to clear the air after the Austrian's remarkable outburst following Saturday's defeat by Sunderland.

While there still remains an underlying fear among the fan base that Glasner could still go, the club are now hopeful that he will see out the remainder of his contract. But Palace are bracing themselves for

TURN TO PAGE 50, COL 1

BOSS IS WALKING WOUNDED
Palace feared Glasner would quit following his outburst about feeling abandoned

OLIV BRANCH

BRIT FERY RACKS UP ANOTHER BIG SHOCK

AUSTRALIAN OPEN: SEE PAGES 46-47

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Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

	2	5	8				9	
			2	5			4	7
6	7					8		5
4	5			1		9	3	
		1			9	5		
	6	9		2				4
5		6			2		1	
	8	3		6	4			9
					3	7	8	

MEDIUM

			6		8		5	
		9		5	1			7
1	2						8	
	5			6		8		2
7			5		9			
8		3				5		
	7				2		6	9
4			7	3		2	1	
	3		9		5			

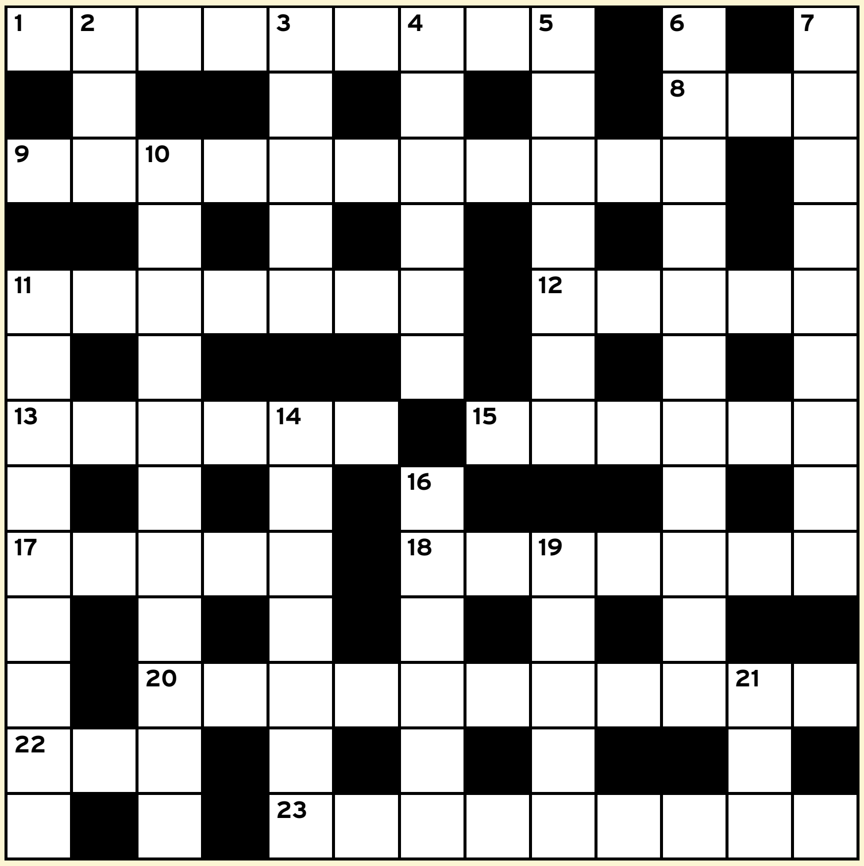
DIFFICULT

	7		3				9	1
4								
		6		8	9		5	
9			1		6			5
1			2		3			8
	4		5	1		7		
								2
2	5				8		3	

Extra clues:
0901 322 5609
**Calls cost 75p plus your telephone company's network access charge.*

Today's solution:
0907 181 2573
**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD



ACROSS
- **1** Australian missile (9)
- **8** Look at (3)
- **9** Remark (11)
- **11** Utmost (7)
- **12** Problem (5)
- **13** Attacker (6)
- **15** Continue (4,2)
- **17** Essay (5)
- **18** Search (7)
- **20** Destroyed (11)
- **22** Legendary bird (3)
- **23** Artifice (9)

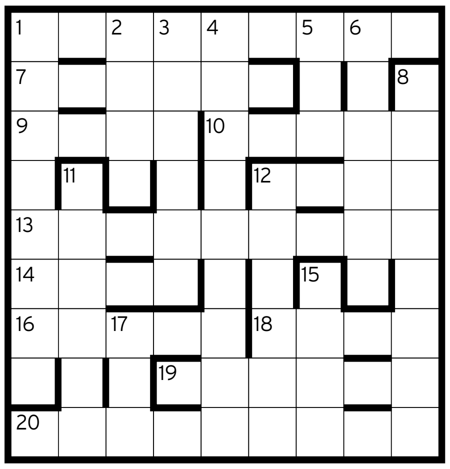
DOWN
- **2** Sphere (3)
- **3** Weird (5)
- **4** Rouse (6)
- **5** Momentary view (7)
- **6** Give help (4,7)
- **7** Allusion (9)
- **10** Positions (4,2,5)
- **11** Transport with delight (9)
- **14** Missions (7)
- **16** Tie up (6)
- **19** Guide (5)
- **21** Sheep (3)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd – **Helpline 0333 202 3390*

SMALL CROSSWORD



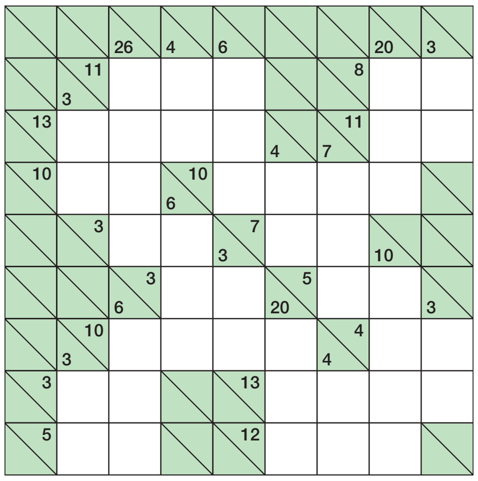
ACROSS
- **1** Arrest and take into custody (9)
- **7** Rake with gunfire (6)
- **9** Observes (4)
- **10** Dirt, grime (5)
- **12** Make trouble (4)
- **13** Choosy (9)
- **14** Insult (4)
- **16** Shade of green (5)
- **18** Chilled (4)
- **19** Overrun (6)
- **20** Were tense (anag.) (9)

DOWN
- **1** Evaluator (8)
- **2** Quarry (4)
- **3** Slice of bacon (6)
- **4** With the least waste of effort (9)
- **5** Long thin fish (3)
- **6** Indigenous (6)
- **8** Device for destroying documents (8)
- **11** Colour associated with cowardice (6)
- **12** Try very hard (6)
- **15** Look over quickly (4)
- **17** Fury (3)

Solution tomorrow

For today's solution call:
0907 181 2582
**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO



Fill each sequence of blank squares using the numbers 1-9. Each sequence – across and down – must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

CROSS DOUBT

Target times: Average: **20 mins**
Good: **16 mins** Excellent: **12 mins**

Stuck? Call for a clue
0901 322 5601
Halve your Target Time!

Today's solution
0901 322 5607
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

Can you make two common five-letter words from the nine letters given, using each letter only once? You can – but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover – but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

A B D O O Q S T U

Puzzles

WIN £250

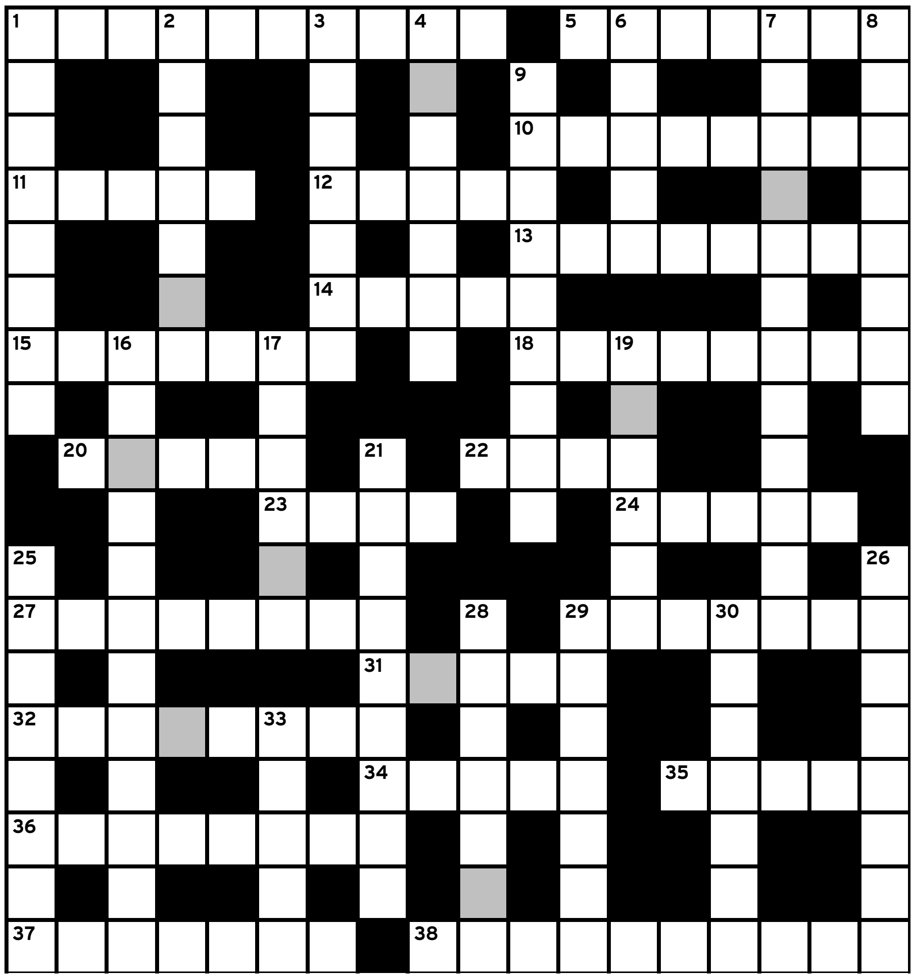
BIG MONDAY CROSSWORD

ACROSS

1 Newest of England's ten National Parks, designated on 31 March 2010 (5,5)
5 Small ring of self-replicating DNA in a bacterial cell or other microorganism, often containing genes for drug resistance (7)
10 Negatively charged subatomic particle discovered (as 'corpuscles') by British physicist J. J. Thomson in 1897 (8)
11 Second-brightest star in the constellation Perseus, known as the Demon Star (5)
12 West Germanic language whose loan words to English include glamour, skulduggery, wraith etc. (5)
13 Surname of Marco and Giuseppe, titular protagonists of Gilbert and Sullivan's 1889 opera The Gondoliers (8)
14 Ancient region of western Asia Minor colonised by the Greeks from around the 11th century BC; chief city, Ephesus (5)
15 The 'Island of the Winds' in the Greek Cyclades group, lying north-east of Delos (7)
18 Alternative name for the ace of spades, as used in the card games ombre and quadrille (8)
20 Musical composition for nine performers, first named in an 1813 work by German composer Louis Spohr (5)
22 & 4 Down Czech tennis player who won the Wimbledon women's singles title in 1998 (4,7)
23 Australia's largest salt lake, whose Aboriginal name is Kati Thanda (4)
24 Aromatic herb of the mint family used as the main ingredient of traditional pesto (5)
27 Most widely distributed marine flowering plant of the Northern Hemisphere, classified as Zostera marina (8)
29 The vervain genus, whose name is Latin for 'sacred bough' (7)
31 Prototype garment made from cheap fabric for testing and alteration purposes, also known as a muslin (5)
32 Capital of Chile, founded by Spanish conquistador Pedro de Valdivia in 1541 (8)
34 Tristan ___, Romanian-born French poet who wrote the second Dada manifesto in 1918 (5)
35 & 33 Down First female MP to take a seat in the House of Commons, born in the US in 1879 (5,5)
36 In botany, the stem of an embryonic plant or seedling above the seed leaves (cotyledons) (8)
37 English name for the Tuscan city Livorno, shared with a regional breed of chicken (7)
38 Stage name of US singer-songwriter Elizabeth Woolridge Grant, born in 1985 (4,3,3)

DOWN

1 Solid mixture of sodium and calcium hydroxides, chiefly used to absorb excess carbon dioxide in enclosed breathing spaces (4,4)
2 Largest and most populous city of Canada, on the NW shore of Lake Ontario (7)
3 See 21
4 See 22 Across
6 Eldest daughter of the von Trapp family in the 1959 Rodgers and Hammerstein musical The Sound Of Music (5)
7 National anthem of France, written and composed by army officer Rouget de Lisle in 1792 (12)
8 Actor who succeeded Ralf Little as the star of the BBC1 crime drama Death In Paradise in 2024 (3,5)
9 Ninth emperor of Rome, who began the building of the Colosseum in AD 72 (9)
16 Spin-off of the US soap Dallas, set in a fictional suburb of Los Angeles (5,7)
17 Daniel ___, president of Nicaragua from 1985 to 1990 and from 2007 to 2025 (6)
19 Of land, suitable for ploughing and the cultivation of crops (6)
21 & 3 Down Greek shipping magnate who founded the country's former (1957-2009) national airline, Olympic Airways (9,7)
25 Object studied or collected by a conchologist (8)
26 Popular folk song, set to the traditional Irish melody of Londonderry Air, written by English lawyer Frederic Weatherly (5,3)
28 Freshwater fish of the subfamily Serrasalminae, known for its sharp teeth and forceful bite (7)
29 Roofed open-walled platform extending along the exterior of a building, typically supported by columns or posts (7)
30 Butyl alcohol, used as a solvent, paint thinner, perfume base, biofuel etc. (7)
33 See 35 Across



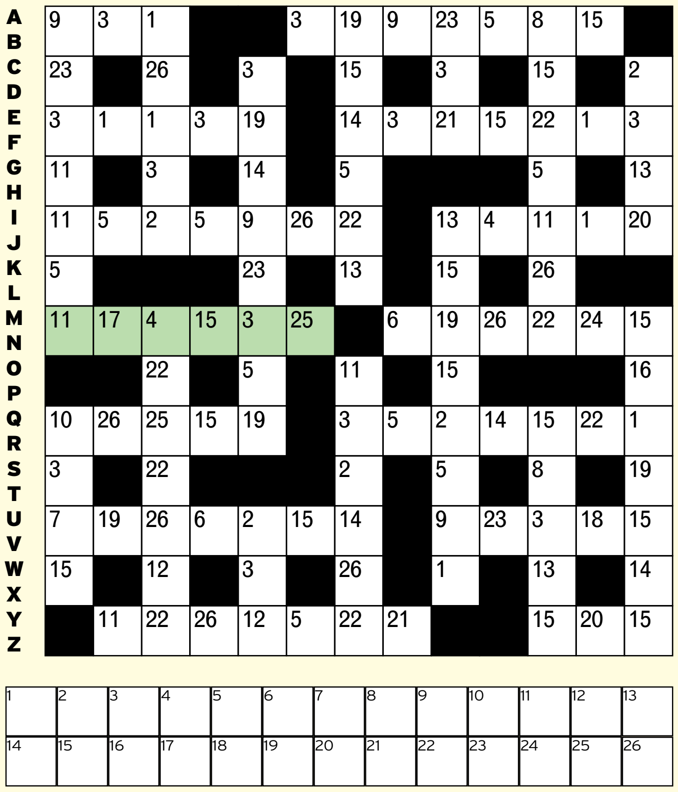
NAME

ADDRESS

POSTCODE

STOP THE CLOCK

THE GREAT ALPHAPUZZLE™ TIME CHALLENGE



LAST WEEK'S SOLUTION Across: Smear, Kibbutz, Again, Ceiling, Gnu, Copy, Resin, BENCH, Tulip, Sauna, Wife, Ski, Varnish, Trick, Capital, Melon. **Down:** Snatch, Pelvic, Example, Scrap, Rung, Acquaint, Curd, Mash, Blissful, Item, Union, Initial, Zigzag, Jerkin.

WIN £100

25
MINUTES
Can you beat today's time?

TACKLE the Alphapuzzle™ Challenge – and be in with a chance of a £100 cash prize. FIRST, call the number below and note today's CLUE LETTERS and your unique PIN NUMBER to set your personal stop-watch running. Then, use the clue letters to work out the word in the green squares. When you crack the mystery word, call again and enter your pin number to STOP THE CLOCK. Winner selected at random from all correct entrants who beat the 25-minute Target Time. Each grid number represents a different letter. All 26 letters of the alphabet are used.

Solution next Monday

0907 181 2908

YOUR PIN No. _ _ _ _ _ _

**Calls cost 80p per minute plus your telephone company's network access charge. Lines close 23:59 every Sunday.*

£100 Winner (5 Jan):
L Heaton, Huddersfield.

TO WIN £250 CASH!

read down the letters in the highlighted squares to reveal the mystery word.

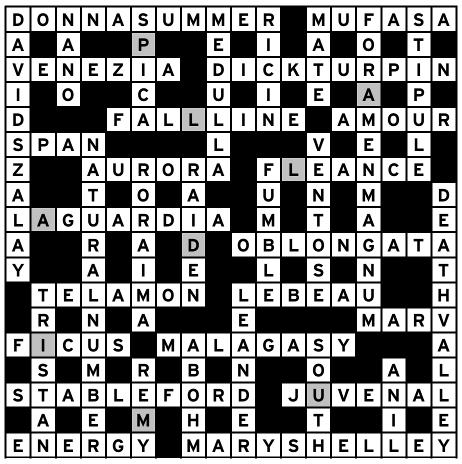
TO ENTER CALL: 0904 161 1601
(£1.50 per call plus network extras)

Leave your answer and details, or text BIGXWORD followed by a space, your answer, name and address to 88833 (texts cost £1.50 plus your standard network rate) or just complete the crossword correctly and send it to: Daily Express, Prize Crossword (No 1136), PO Box 8694, Derby DE1 9TW Competition closes Friday, January 23, 2024 at 11:59pm. Winner picked at random from all entry routes after close date. NEED HELP? Call 0904 161 1602 for five extra clues! *Calls are £1.50 plus your telephone company's network access charge.
*SP: Spoke, 0333 202 3390.
For any postal enquiries, call this helpline.

BIG MONDAY CROSSWORD SOLUTION AND WINNER

Monday January 5

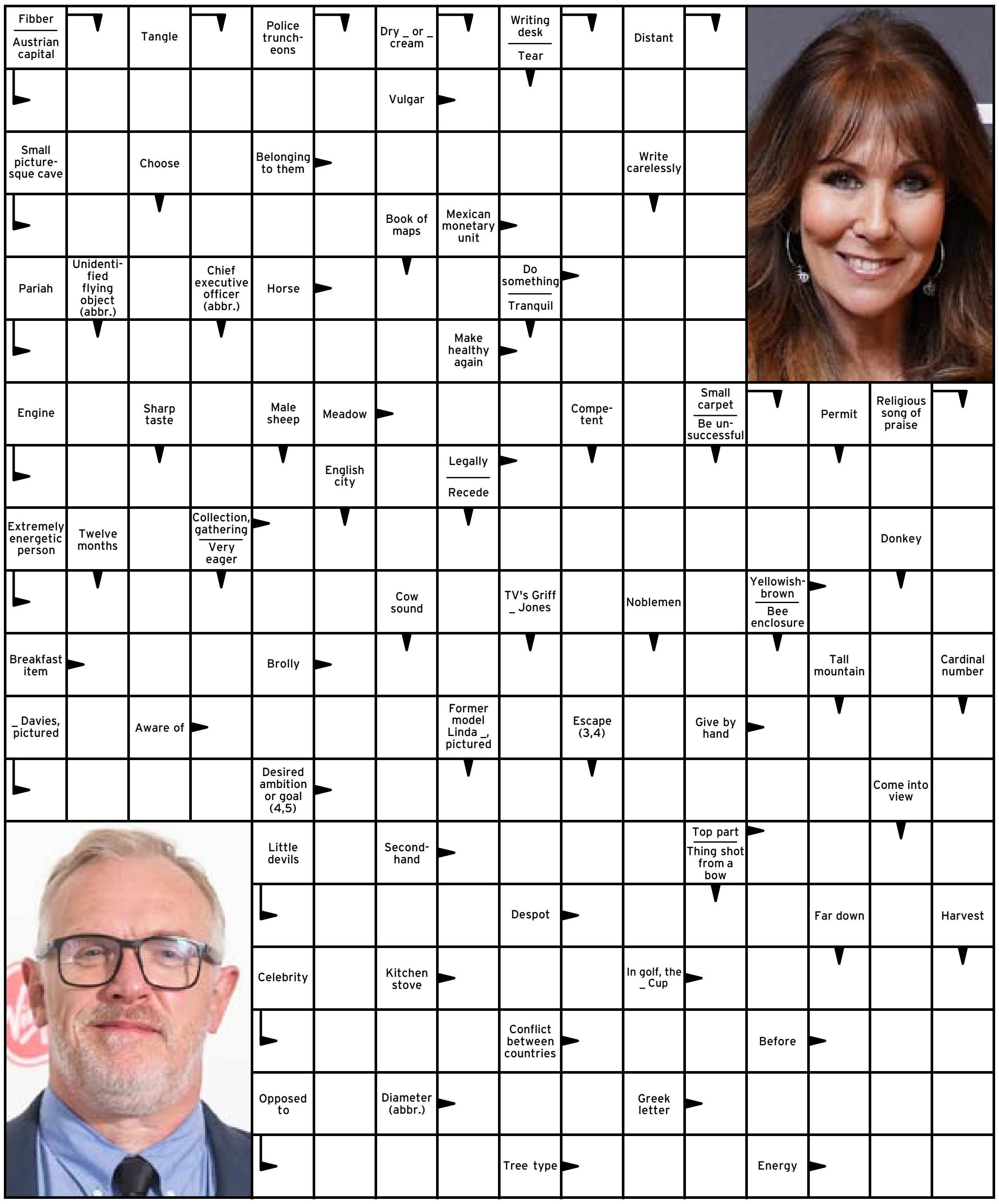
£250 WINNER:
S Preece, Swansea.



ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow


Fibber
Austrian capital
Tangle
Police truncheons
Dry _ or _ cream
Writing desk
Tear
Distant
Vulgar
Small picturesque cave
Choose
Belonging to them
Write carelessly
Book of maps
Mexican monetary unit
Pariah
Unidentified flying object (abbr.)
Chief executive officer (abbr.)
Horse
Do something
Tranquil
Make healthy again
Engine
Sharp taste
Male sheep
Meadow
Competent
Small carpet
Be unsuccessful
Permit
Religious song of praise
English city
Legally
Recede
Extremely energetic person
Twelve months
Collection, gathering
Very eager
Donkey
Cow sound
TV's Griff _ Jones
Noblemen
Yellowish-brown
Bee enclosure
Breakfast item
Brolly
Tall mountain
Cardinal number
_ Davies, pictured
Aware of
Former model Linda _, pictured
Escape (3,4)
Give by hand
Desired ambition or goal (4,5)
Come into view
Little devils
Second-hand
Top part
Thing shot from a bow
Despot
Far down
Harvest
Celebrity
Kitchen stove
In golf, the _ Cup
Conflict between countries
Before
Opposed to
Diameter (abbr.)
Greek letter
Tree type
Energy

WORDSEARCH

H	N	L	U	L	F	Z	B	G	W	S	C	J	I	I
O	W	F	K	A	Y	A	K	O	C	A	N	O	E	J
V	J	S	Y	B	N	N	H	H	S	T	X	P	B	H
E	U	Q	H	R	I	D	H	P	K	C	I	N	N	J
R	N	H	V	A	R	T	A	O	B	E	S	U	O	H
C	D	I	D	T	U	E	R	E	L	W	A	R	T	H
R	T	N	R	G	N	Z	F	Z	V	S	U	C	M	A
A	Q	B	B	A	E	U	S	E	F	S	A	L	C	L
F	V	O	Y	Z	M	T	P	E	G	T	O	I	T	O
T	A	K	H	C	T	B	F	F	A	R	Q	F	R	D
T	B	Z	G	A	T	E	U	M	P	V	A	E	R	N
T	N	U	N	R	H	F	A	S	B	M	T	B	P	O
M	G	K	I	N	C	R	Q	L	G	T	B	O	P	G
A	E	B	D	U	A	V	N	N	U	Z	C	A	M	K
R	D	W	Y	N	Y	H	S	C	B	X	S	T	D	M

TYPES OF BOAT

Find all the terms listed below in the grid.

Solution tomorrow

BARGE ● CANOE ● CATAMARAN ● CUTTER
DHOW ● DINGHY ● FERRY ● GONDOLA
HOUSEBOAT ● HOVERCRAFT ● KAYAK
LIFEBOAT ● PUNT ● SUBMARINE ● TANKER
TRAWLER ● TUGBOAT ● YACHT

FRIDAY'S SOLUTIONS

THE ALPHABEATER

Black squares: 1, 5, 8, 10, 14, 15, 19, 22, 24, 27, 29, 32, 35, 37.
Across: Fighting, Talk, Squad, Daze, Reaps, Hat, Tahini, Item, Fete, Export, Box, Shove, Nerd, Khaki, Work, Decoying. **Down:** Fond, Amaze, Hawk, Two, Hosepipe, Verb, Hijab, Nyala, Ochre, Telex, Wave, Impunity, Ant, Skip, Error, Dung.

THE ALPHAPUZZLE

Across: Garnish (clue), Snug, Size, Aardvark, Embark, Banish, Frames, Asylum, Autumnal, Flit, Very, Towrope.
Down: Egoism, Roused, True, Armoury, Hijack, Sanity, Cherub, Allows, Seventy, Frog, Quires, Unisex.

TV CROSSWORD

Across: **5** Lobb, **7** Malice, **8** Chase, **11** Steel, **12** Prophecy, **13** Edie, **15** Sara, **16** Osborne, **17** Ewan, **18** Culkin, **21** Nash, **22** Anne. **Down:** **1** Bart, **2** Scales, **3** Theo, **4** Jeremy, **5** Landman, **6** Bake, **9** Spartacus, **10** Cyrus, **14** Crook, **17** Evan, **19** Una, **20** Ice.

TV show: Man vs. Baby

ARROW-WORD

Across: Tundra, Sued, Ivan, Deaf, Hod, Door, Loop, Opt, Teem, Ego, Offa, Grandma, Band, Saltburn, Doe, Otis, Caves, Ails, Had, Spread, Val, Adore, Warren, Gal, Con, In all, Ghosts, Nay.
Down (left to right): Err, Ada, Peach, Unsaddle, All-over, Roo, Dune, Oman, Tee, Earns, Ure, Ado, Dab, Shade, Adefope, Adonis, Go abroad, Roof, Anti, Vegan, Fun, Ilia, Ala, Tea, Doss, Lolly.
Shaded letters: The Franchise

WORDS

COYPU

MUDDLESOME

Gina Yashere
Rhod Gilbert
Sean Lock

CLOCK-WISE

Raga, Gate, Tear, Arab, Ably, Lyra

QUIZ OF THE WEEK

1 Seven, **2** Gwyneth Paltrow, **3** Eric Pollard, **4** The Pretenders, **5** Patten, **6** Travellers, **7** 1950s, **8** Texas, **9** Vinnie Jones, **10** Cricket.

DITLOIDS

1 8 Days A Week by The Beatles,
2 48 Ceremonial Counties in England,
3 12 Angry Men,
4 2 Steps Forward, 1 Step Back,
5 The Whole 9 Yards,
6 3 Sheets to the Wind

TRIVIA WORDSEARCH

1 Grantham, **2** Cora, **3** Talbot, **4** Rawdon Crawley, **5** Baxter, **6** Yosser Hughes, **7** Kit Carson, **8** Barrow, **9** Matthew, **10** Rosebud

SUMTHING

9+1=10, 4x5=20, 5x6=30

SMALL CROSSWORD

Across: **1** Influenza, **7** Rose, **8** Plump, **10** Goa, **11** Swedes, **13** Camembert, **14** Victim, **16** Boa, **18** Lunar, **19** Akin, **20** Extremist.
Down: **1** Irascible, **2** Norway, **3** Lead, **4** Elm, **5** Nuggets, **6** Apartment, **8** Premier, **9** Remnant, **12** Crisis, **15** Clam, **17** Mar.

CROSS DOUBT

Across: FROTH
Down: LAGER

SUDOKU EASY

2	7	1	6	3	8	5	4	9
3	4	8	1	9	5	2	6	7
5	6	9	2	7	4	8	3	1
7	3	5	4	6	2	1	9	8
6	9	4	8	1	7	3	2	5
8	1	2	9	5	3	4	7	6
1	2	7	5	4	9	6	8	3
9	8	6	3	2	1	7	5	4
4	5	3	7	8	6	9	1	2

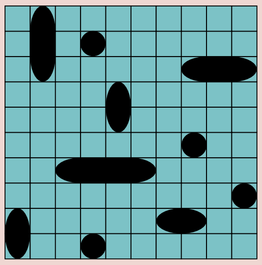
SUDOKU MEDIUM

3	6	8	4	1	5	2	7	9
9	5	7	2	3	8	4	6	1
2	4	1	9	7	6	3	8	5
6	3	5	1	9	4	7	2	8
1	9	2	8	6	7	5	3	4
7	8	4	5	2	3	9	1	6
8	1	3	7	5	9	6	4	2
4	7	9	6	8	2	1	5	3
5	2	6	3	4	1	8	9	7

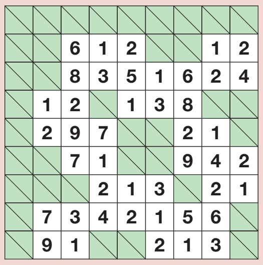
SUDOKU DIFFICULT

3	5	4	7	2	8	9	1	6
2	6	8	5	9	1	7	3	4
7	9	1	6	3	4	2	5	8
8	1	3	9	5	7	6	4	2
9	2	6	1	4	3	8	7	5
4	7	5	8	6	2	3	9	1
6	4	7	3	8	5	1	2	9
1	8	2	4	7	9	5	6	3
5	3	9	2	1	6	4	8	7

BATTLESHIPS

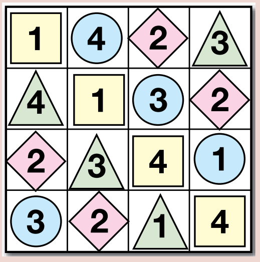


KAKURO



		6	1	2			1	2
		8	3	5	1	6	2	4
	1	2		1	3	8		
	2	9	7			2	1	
		7	1			9	4	2
			2	1	3		2	1
	7	3	4	2	1	5	6	
	9	1			2	1	3	

KEIJO



1	4	2	3
4	1	3	2
2	3	4	1
3	2	1	4

QUICK CROSSWORD

Across: **3** Criterion, **8** Rage, **9** Steadfast, **10** Astute, **11** Sharp, **14** Noted, **15** Mete, **16** Scour, **18** Shop, **20** Enter, **21** Nurse, **24** Signal, **25** Spasmodic, **26** Onus, **27** Interment. **Down:** **1** Greatness, **2** Agitation, **4** Rate, **5** Trash, **6** Reform, **7** Oust, **9** Studs, **11** Score, **12** Pertinent, **13** Heartless, **17** Relic, **19** Pursue, **22** Storm, **23** Spin, **24** Sign.

TARGET

POTENTATE
atop, nape, neap, neep, nope, open, pane, pant, panto, pate, paten, patent, patten, peat, peen, pent, peon, poet, pone, poteen, potent, POTENTATE, tape, teapot, tope, topee

Puzzles

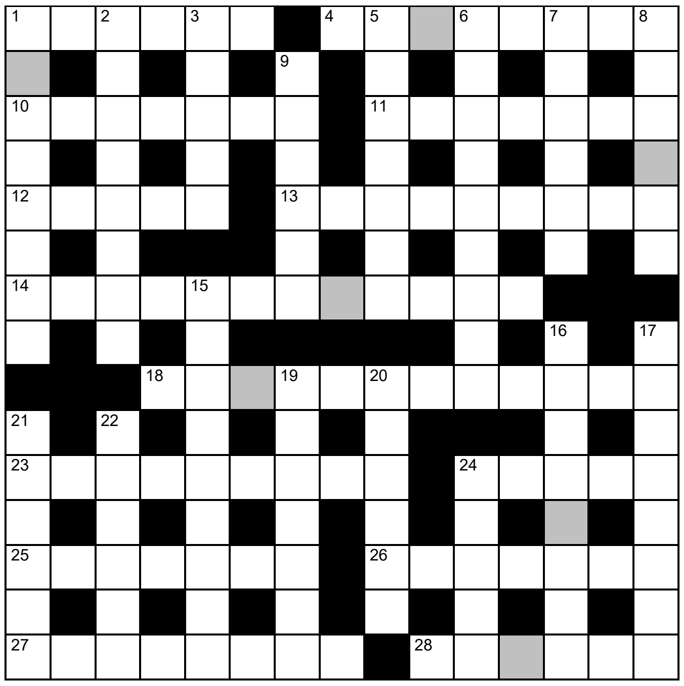
CRUSADER PRIZE CROSSWORD

ACROSS

- **1** Fragile films about your beginning (6)
- **4** Quarrel about drunken fellow inside (8)
- **10** Jealous character to return greeting (7)
- **11** Crown almost right for medical official (7)
- **12** Iron and rum mixture for bone (5)
- **13** Cleaned below in deal that went wrong (9)
- **14** Coming down to find costume on runway (7,5)
- **18** Undecided where to find remaining money (2,3,7)
- **23** Staying power, running under cane (9)
- **24** Amaze girlfriend, initially getting swindled (5)
- **25** Nowadays learn layout of a gland (7)
- **26** Tease heartlessly with strange outburst (7)
- **27** Bar entertainer, rely on rewriting (8)
- **28** Belief in financial standing (6)

DOWN

- **1** Number of visitors finding distance drop (8)
- **2** Harsh, finding stupid smell inside (8)
- **3** Orals set about the sun (5)
- **5** A Catholic peer reveals story (7)
- **6** Dismiss doctor, getting sick in rehearsal (4,5)
- **7** Upper classes sample information first (6)
- **8** Deal around one outburst (6)
- **9** Follow member to a bend (6)
- **15** One racing about in incomprehension (9)
- **16** Awful din about some paper questioned (8)
- **17** Oil and amber got confused (8)
- **19** Name right for a dealer (7)
- **20** Engineers put tub out in wind (6)
- **21** Chatted aimlessly – no time to disconnect (6)
- **22** Loves are including party society (6)
- **24** Arson involved echolocation (5)



WIN £100 CASH

FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, January 19, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by January 20 at the latest. For any postal enquiries, call helpline number. SP: Spoke – 0333 202 3390.
An extra day is given for postal entries during bank holidays.

● ***One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.***

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME

ADDRESS

POSTCODE

LAST THURSDAY'S SOLUTION

ACROSS: 1 Disappear, 6 Rasp, 10 Sever, 11 Impromptu, 12 Rancour, 13 Imitate, 14 German measles, 17 Fortuneteller, 21 Anaemic, 22 Have a go, 24 Pen-friend, 25 Caber, 26 Side, 27 Reassured. **DOWN:** 1 Dishrags, 2 Seven, 3 Personal remark, 4 Epigram, 5 Replica, 7 Appraisal, 8 Pauper, 9 Social services, 15 Refrained, 16 Armoured, 18 Unclear, 19 Echidna, 20 Campus, 23 Amber. **Prizeword:** Precious

TARGET

L	E	E
I	V	G
N	R	L

● *The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)*

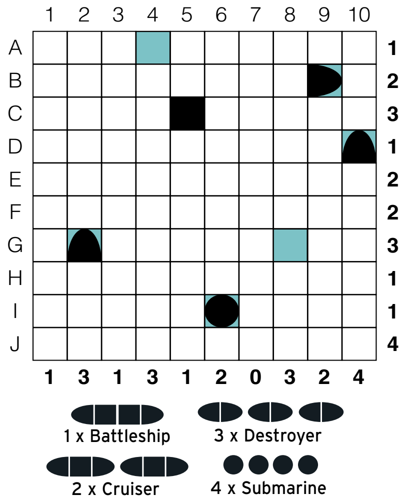
HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

TODAY'S TARGET
Good 16; **very good** 24; **excellent** 31 **(or more).** **Solution tomorrow**

Call **0907 181 2585**
for today's Target solution
**Calls cost 80p per minute plus your telephone company's network access charge.*

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.
Solution tomorrow



THE ALPHABEATER

TARGET TIME: 34 minutes

CAN you crack the Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.
Solution tomorrow

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)
Full solution
0907 181 2558
**Calls cost 80p per minute plus your telephone company's network access charge.*

A B C D E F G ~~H~~ I J K L ~~M~~ N O P Q R S T U ~~V~~ W X Y Z

6	32	33	29	20	38	31	37	25	36	8	26	31
17	14	22	5	32	16	18	40	4	20	27	40	9
11	40	7	14	36	31	10	30	24	29	10	14	13
8	28	23	35	29	36	7	40	28	40	33	29	36
37	4	19	29	10	32	5	20	8	3	8	25	34
40	25	16	39	8	27	38	2	35	4	15	30	32
30	17	2	7	40	36	7	40	33	29	10	25	7
34	4	21	34	22	23	16	39	16	36	22	17	14
32	24	5	40	10	20	13	29	13	30	32	36	36
6	32	12	15	30	40	26	20	29	23	2	7	5
35	19	2	21	8	39	24	25	40	19	4	40	15
1	12	4	29	30	20	9	38	18	31	24	18	10
16	6	31	33	22	9	17	13	36	15	12	37	37

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
					M				■									V	
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
			■										H						

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT to 64343.** Texts cost £1 plus standard network rate.

WORD BUILDER

Solution tomorrow

Answer the clues so that each word contains the same letters as the previous word, plus or minus one.

1	☐☐☐	1	Rod
2	☐☐☐☐	2	Endure
3	☐☐☐☐☐	3	Sword
4	☐☐☐☐☐☐	4	Slows
5	☐☐☐☐☐	5	Shatter
6	☐☐☐☐	6	Dog noise
7	☐☐☐	7	Biblical vessel

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. **Solution tomorrow**

DIFFICULTY: 8/10; **TARGET:** 27 mins; **CLUE:** Live point in way out.

A B C D E ~~F~~ G H I J K L ~~M~~ N O P Q R S T U V W X Y Z

15	10	1	10	6	26	■	2	10	22	3	6	10
■	15	■	25	■	18	5	26	■	15	■	18	■
2	5	15	17	■	15	■	5	■	24	7	10	4
■	2	■	2	18	5	7	23	24	24	■	2	■
8	10	20	26	■	2	■	8	■	23	17	26	18
24	■	10	■	2	18	10	10	23	■	9	■	5
26	5	8	16	■	■	19	■	■	26	24	7	14
3	■	24	■	12	3	10	2	26	■	15	■	17
2	24	4	21	■	23	■	26	■	6	11	2	26
■	15	■	18	5	15	14	24	3	15	■	6	■
18	5	8	24	■	24	■	8	■	5	26	24	7
■	26	■	2	■	5	23	10	■	13	■	19	■
23	10	2	26	10	15	■	4	10	10	22	8	10

1	2	3	4	5	6	7	8	9	10	11	12	13
						M						
14	15	16	17	18	19	20	21	22	23	24	25	26
						F						

EXTRA LETTER CLUES: 0907 181 2568*
Hear up to six Extra Letters, deduct two minutes for each clue letter heard.
FULL SOLUTION: **0907 181 2565***
ACROSS ONLY: **0907 181 2561*** / DOWN ONLY: **0907 181 2562***
**Calls cost 80p per minute plus your telephone company's network access charge.*

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** *to* **64343.** *Texts cost £1 plus standard network rate.*

Alphapuzzle® ©2025 Acorn Editorial Ltd. All words appear in Chambers Dictionary.

THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 3; INTERMEDIATE = 16; ADVANCED = 32.

PLAY MORE CROSSWORDS AND GAMES AT EXPRESS.CO.UK/PUZZLES

SP: Spoke – ***Helpline 0333 202 3390***

DAILY EXPRESS
Fever Pitch
ALL THE BEST ACTION, REACTION AND ANALYSIS

TOOTHLESS TOON

Howe says attacking play ‘not good enough’ after more away-day frustration

SHACKLED
Nick Woltemade is held up by Santiago Bueno and fellow Magpies striker Anthony Elanga (right) shows his disappointment

WOLVES 0
NEWCASTLE 0
REPORT: PAGES 2-3

ANFIELD ON THE BOOS AFTER CLARETS STALEMATE – PAGES 10-11

EUROSPOT

ROMA GLORY IS DON & DUSTED

TORINO	**0**
ROMA	**2**

Italian Serie A

DONYELL MALEN scored on his debut as Roma strengthened their top-four ambitions with victory at Torino.

Defeat for Juventus at Cagliari on Saturday handed Roma a chance to create a three-point gap on their Turin rivals and keep them hot on the heels of third-placed Napoli.

New signing Malen, who arrived on an initial loan from Aston Villa on Friday, broke the deadlock after 26 minutes to kickstart his spell which could be made permanent in the summer.

Paulo Dybala found the Dutchman inside the box before Malen took a touch to control before finishing coolly from six yards (above). Roma doubled their advantage on 72 minutes when Dybala fired into the roof of the net.

Niclas Fullkrug scored the only goal as AC Milan beat Lecce 1-0. Relegation battlers Fiorentina earned a crucial 2-1 win at Bologna while Parma versus Genoa ended goalless.

DROP'S CRYSTAL CLEAR FOR JOSE

GETAFE	**0**
VALENCIA	**1**

Spanish La Liga

VALENCIA climbed out of the La Liga drop zone as Crystal Palace-linked Getafe boss Jose Bordalas admitted his side were slipping towards relegation.

Jose Gaya struck in the 84th minute (above) to claim a win for the visitors.

Bordalas, who is the bookies' favourite to replace Oliver Glasner at Selhurst Park, said: "The only lapse in concentration allowed them to score the goal that gave them the victory and us the defeat.

"They didn't cause us any problems. The team tried, but we're in a worrying situation. Everything was very tight; teams are winning, and relegation is getting closer and closer."

Marcus Rashford scored but could not stop Barcelona slipping to a shock 2-1 defeat at Real Sociedad. The LaLiga leaders saw Real Madrid cut the gap to just a point with victory over Levante but were unable to restore their advantage.

PREMIER LEAGUE

WOLVES		NEWCASTLE
34%	POSSESSION	66%
2	SHOTS ON TARGET	2
2	SHOTS OFF TARGET	6
300	TOTAL PASSES	585
78%	PASSING SUCCESS	92%
4	CORNERS	7
1	OFFSIDE	3
14	FOULS	8
0 2	CARDS	2 0

REF: Sam Barrott **ATT:** 29,751

MAN OF THE MATCH
YERSON MOSQUERA

ROB BANKS

Edwards' improved outfit may not be a trivia quiz answer now!

WOLVES	**0**
NEWCASTLE	**0**

BY **SUNNY BADWAL**

MUCH more of this and people will wonder why there was ever a conversation about Wolves bidding to be the worst-ever Premier League team.

Rob Edwards' (right) side made it four league games in a row without defeat and, after starting the season with just two points from the first 18 games, have now taken six from 12.

Four more from their remaining 16 games will be enough to spare them matching Derby's 2007-08 campaign of 11 points.

Jose Sa (circle) remained untroubled in the Wolves goal before he was needed late on to keep out Bruno Guimaraes and Joelinton, which was required to earn his side an eighth point of the campaign.

Newcastle have found life quite tough away from St James' Park and another laboured performance in the final third means they have still won just two games on the road this season and missed the chance to climb into the top six.

Wolves remain 14 points adrift of safety but another encouraging performance and a second clean sheet of the

WAR BABIES
THE FORGOTTEN CHILDREN OF WWII
ON SALE IN ALL GOOD BOOKSHOPS AND AMAZON
AMAZON

KEEP THEM OUT
Sa shows who is in charge as he punches the ball clear during a fine display

ON SOLID GOLD

PREMIER TABLE

	P	W	D	L	F	A	Pts
Arsenal	22	15	5	2	40	14	50
Man City	22	13	4	5	45	21	43
Aston Villa	22	13	4	5	33	25	43
Liverpool	22	10	6	6	33	29	36
Man Utd	22	9	8	5	38	32	35
Chelsea	22	9	7	6	36	24	34
Brentford	22	10	3	9	35	30	33
Newcastle	22	9	6	7	32	27	33
Sunderland	22	8	9	5	23	23	33
Everton	22	9	5	8	24	25	32
Fulham	22	9	4	9	30	31	31
Brighton	21	7	8	6	31	28	29
Crystal Palace	22	7	7	8	23	25	28
Tottenham	22	7	6	9	31	29	27
Bournemouth	21	6	8	7	34	40	26
Leeds	22	6	7	9	30	37	25
Nottm Forest	22	6	4	12	21	34	22
West Ham	22	4	5	13	24	44	17
Burnley	22	3	5	14	23	42	14
Wolves	22	1	5	16	15	41	8

season will leave Rob Edwards plenty to be encouraged about.

The visitors were largely in control from kick-off and had a couple of sightings of goal through Nick Woltemade, who put a pair of headers off target, and both summed up his form in front of goal recently.

Referee Sam Barrott was not warming to the home faithful with a couple of questionable decisions that went in favour of the visitors, including Hugo Bueno's tackle on Sandro Tonali, from which he appeared to win the ball.

Wolves tested Magpies goalkeeper Nick Pope for the first time in the 28th minute as a long throw-in bounced to Mateus Mane, who turned and aimed a tame volley into the hands of the England international. The hosts had clearly found a new wind of confidence following their recent upturn in form and began to get themselves further up the pitch.

A corner landed at the feet of Yerson Mosquera, who rolled a chance straight to Pope before Bueno fired over on the stroke of half-time.

Newcastle were not shy of putting a cross into the box. Woltemade was the target of many but he was unable to connect several times and his frustrating afternoon was brought to an end when he was replaced by Yoane Wissa in the 65th minute.

Eddie Howe's men started to push Wolves further on to their own goal line but were still unable to get anybody on the end of the crosses into the box.

And when Anthony Elanga's ball flew across the six-yard box, begging to be tapped in, but found no takers, it did not feel like it was going to be their day.

Newcastle thought they opened the scoring after they were given a free-kick on the edge of the box, with Kieran Trippier's attempt beating the diving Sa but hitting the wrong side of the net which many fans thought had gone in.

The Wolves keeper then needed to be alert to make a smart double save with four minutes left to play. Bruno powered one off the palms of Sa, who was able to keep out Joelinton on the follow-up which brought Newcastle's three-game league winning streak to an end.

It also pushed Wolves a point nearer that target, which will help them to avoid being a trivia question for years to come.

WOLVES: Sa, Mosquera, S Bueno, Krejci, Tchatchoua, Andre, Gomes (Arias 71), Mane, H Bueno, Arokodare (Strand Larsen 65), Hwang (Gomes 86).
NEWCASTLE: Pope, Trippier, Thiaw, Botman, Hall, Guimaraes, Tonali (Miley 67), Joelinton, Barnes, Woltemade (Wissa 67), Gordon (Elanga 67).

HOWE LEFT WITH AWAY HEADACHE

BY **LEE RYDER**

FRUSTRATED Eddie Howe admitted Newcastle must address their goalscoring problems on the road after a drab goalless draw away to Wolves.

Howe introduced £110million worth of talent from the bench in Yoane Wissa and Anthony Elanga but neither of the big-money summer buys could muster a shot as Newcastle's first effort on target came in the 86th minute.

Magpies boss Howe insisted that he does not have the resources to buy more offensive players but denied his squad has too many "like for like" players.

"We needed to do more in attack, Howe said. "Defensively, very good. We minimised their threat. They defended in numbers but still I'd expect to do better and create more. The substitutions helped. There were good openings towards the end but we didn't take them, frustrating day.

"Our attacking output today wasn't good enough. It has been similar at away games. If people want to accuse us of that, that is totally fair, and we have to find a way to score goals on the road."

"We replace a winger for a winger," Howe (above) added. "They have different qualities all of them.

"Whether it is Harvey Barnes or the two Anthony's [Gordon and Elanga], Jacob Murphy when he is fit, they all have different attributes. So yes they may be referred to as a wide player.

"[Elanga] gives us a different threat to somebody who plays in that position. You can say that for Nick Woltemade and Yoane Wissa."

SAM STAKES HIS CLAIM IN TOWN ROMP

IPSWICH	**3**
BLACKBURN	**0**

Championship

SAM SZMODICS made up for losing a £100 wager by bagging his first Portman Road goal to boost Ipswich's top-two tilt.

The forward (above) has waited an injury-punctuated 18 months to hit the net in front of the Town faithful.

And he finally got off the mark by rounding-off a comfortable victory with a late third against his old club, after Eiran Cashin's own goal and another from Jack Taylor inside the first 15 minutes.

Szmodics made the cheeky bet with the club's social media department as they filmed him taking the crossbar challenge from the halfway line in the warm-up - where his £100 effort fell short.

The £9million signing from Rovers in the summer of 2024 was relieved to grab his first goal for more than a year after missing the second half of last season through injury, as he gets back up to speed after six weeks out following minor knee surgery in October.

Town are unbeaten in the last six in all competitions and are just two points off second, with a game in hand on most of their rivals, ahead of tomorrow's visit by Bristol City.

Szmodics, who has 11 senior Republic of Ireland caps, said: "My first goal at Portman Road - thanks for all the support, it was a great win and now onto Tuesday."

Valerian Ismael chose to blame the officials after another woeful display left Rovers a point above the drop zone with one win in 12.

The Ewood Park boss questioned a string of decisions, and aid: "At some point the ref has to do their job.

"It's clear we urgently need VAR in the Championship, because the players allow themselves to make bad tackles.

"If you know you have VAR there then we won't have those situations and discussions every time. It's just embarrassing - massive decisions every time."

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A 'remarkable story' – Mail on Sunday

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LONG: JUST WATCH US BLOOM NOW

OXFORD	**0**
BRISTOL CITY	**0**

Championship

BY **JASON MELLOR**

SAM LONG was frustrated not to launch Matt Bloomfield's reign with all three points.

Second-bottom Oxford put City under the cosh but were unable to force a victory, leaving them five points adrift of safety.

Bloomfield's arrival has lifted spirits and experienced full-back Long (right) believes the former Luton and Wycombe boss has what it takes to lead the Us to safety.

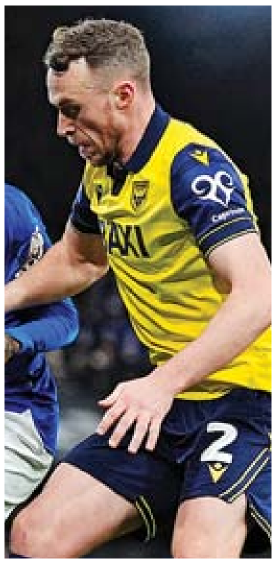
The 30-year-old insisted: "We deserved more than a point and we can go into the next game full of confidence.

"We've worked on a few bits with the new gaffer and had a clear plan which showed on the pitch with a first clean sheet in a while. We created enough to win the game and deserved the three points.

"Everyone stepped up and if we play like that every week we'll be fine. We've shown we can go toe-to-toe with the top sides."

Rob Atkinson admitted the Robins rode their luck. "We're disappointed with the performance but happy with the clean sheet and the point," said the defender.

"It was always going to be difficult coming here with their new manager bounce and we were under a lot of pressure. The energy in the stadium was difficult to deal with."



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PREMIER LEAGUE

NOTT'M FOREST		ARSENAL
39%	POSSESSION	61%
0	SHOTS ON TARGET	3
3	SHOTS OFF TARGET	4
313	TOTAL PASSES	496
81%	PASSING SUCCESS	84%
4	CORNERS	9
1	OFFSIDES	0
8	FOULS	14
0 🟥 1 🟨	CARDS	1 🟨 0 🟥

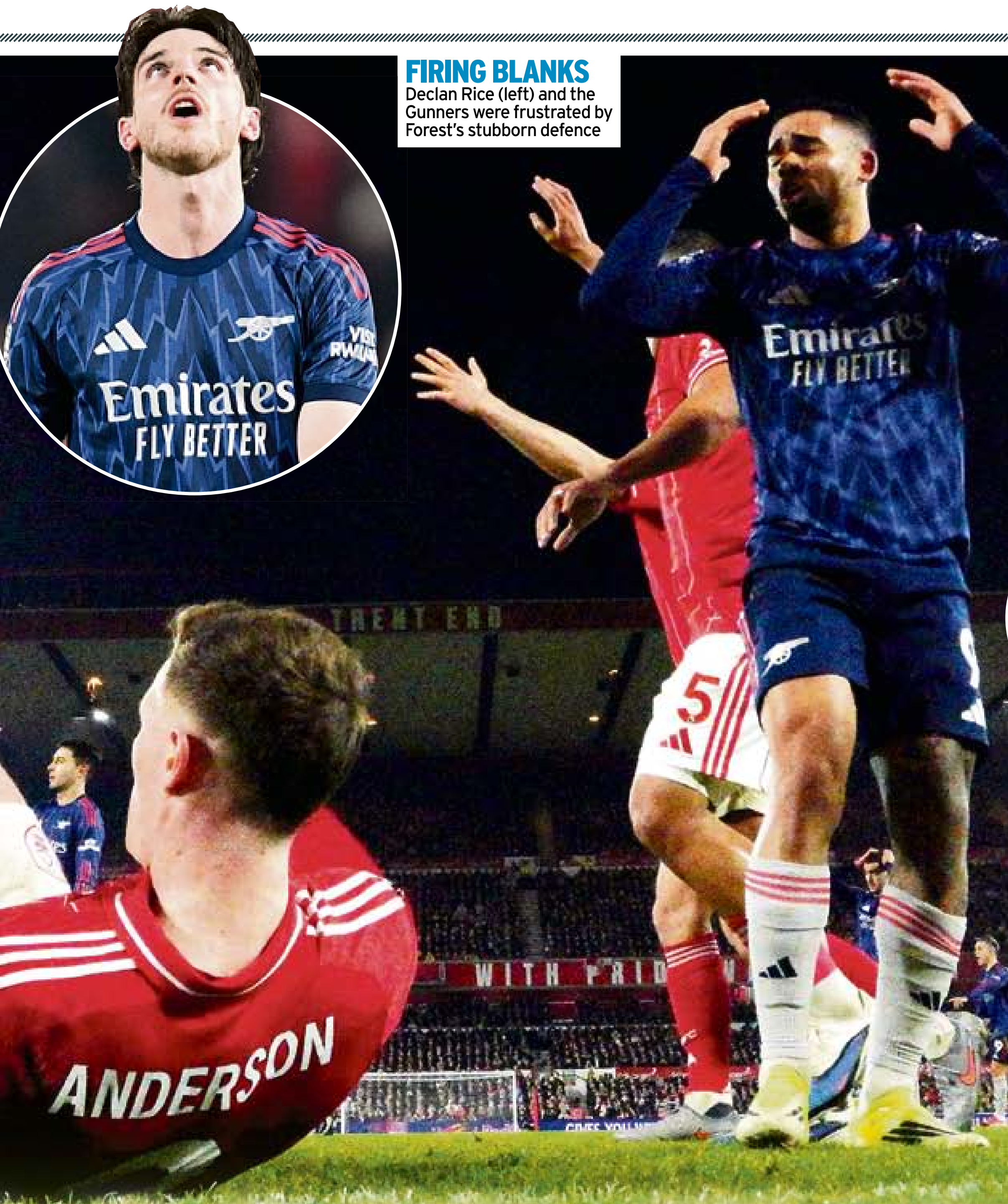
REF: Michael Oliver **ATT:** 30,729

MAN OF THE MATCH

MATZ SELS

IT'S NET

Madueke, without a Premier League goal for 51 weeks, moans Gunners lacked a cutting edge in stalemate



FIRING BLANKS
Declan Rice (left) and the Gunners were frustrated by Forest's stubborn defence

GOOD ENOUGH

NOTT'M FOREST 0
ARSENAL 0

BY **JAKE STOKES**

NONI MADUEKE is fast-approaching the one-year anniversary of his last Premier League goal.

But, ironically, the Arsenal winger criticised his team-mates for not being clinical enough in their goalless draw at Nottingham Forest.

On Sunday, when the Gunners face Manchester United, it will be 12 months to the day that he last found the net in the English top flight.

That was in Chelsea's 3-1 defeat at Manchester City – and he isn't showing any signs of ending that run, with the 23-year-old managing just two shots at the City Ground. Madueke (circle, below) wasn't the only Arsenal player to leave his shooting boots at home.

The north Londoners had eight shots, which was their most without finding the target in the opening half of a Premier League game since Mikel Arteta's (left) first match in charge.

"We weren't clinical enough in front of goal," said the England international. "They didn't have a chance really, at all. They didn't really do anything to our goal. We weren't clinical, and we could have won the game – we take a point, and we move on."

The Gunners boss had seen enough, and he replaced Gabriel Martinelli, who missed a sitter, with Leandro Trossard at the break. Madueke was one of three more brutal changes before the hour mark, coming off for Bukayo Saka.

Arsenal were much improved with Saka on the right, and he would have put the visitors ahead had Matz Sels not tipped his header out for a corner. In the dying embers of stoppage time, the Gunners were denied a penalty when the Video Assistant Referee cleared an apparent handball by Ola Aina.

In the final seconds of the clash, Arteta's side showed little to no desire to nick a winner, walking the ball up the field from a short goal-kick.

They settled for a point in the East Midlands, squandering the chance to take full advantage of Manchester City's defeat at Old Trafford.

"It's disappointing to draw for sure," said Madueke. "We wanted to win the game, [but] we didn't achieve that.

"Disappointing in that sense, but it's a point we take on the road, and we regroup. Now we've got an important clash with Inter in the Champions League. There is a long way to go. We know that we've been consistent and we'll continue to do so."

The Arsenal winger added: "We're in four competitions, so we literally play, recover, play, recover, play. It's a lot of games, but that's the beauty of playing in England."

£52m summer signing Madueke has had a mixed start to life under Arteta. As has Viktor Gyokeres, who has gone 551 minutes without a goal in the Premier League. Arsenal's sporting director Andrea Berta signed the Sweden international from Sporting for £64m in the hope that he could lead Arsenal to their first title in 22 years.

While Arteta's side have topped the table for much of the campaign, Gyokeres has failed to impress.

Three of his five strikes in the top flight have come against newly-promoted clubs, with the other two against teams outside the top half.

NOTT'M FOREST (4-2-3-1): Sels, Aina, Milenkovic, Murillo, Williams; Sangare, Anderson; Hudson-Odoi, Gibbs-White, Dominguez (Hutchinson 89); Jesus (Ndoye 76)

ARSENAL (4-3-3): Raya, White, Saliba, Gabriel, Timber; Odegaard (Merino 57) Zubimendi (Eze 79), Rice; Madueke (Saka 57), Gyokeres (Gabriel Jesus 57), Martinelli (Trossard 46)

MATZ TAKING HIS CHANCE

BY **SARAH CLAPSON**

GOALKEEPER Matz Sels is delighted to be back in the Nottingham Forest starting XI after a spell on the bench.

Boss Sean Dyche recently opted to stick with Brazilian John Victor for a run of games, despite Sels being available after an injury lay-off.

But when John sustained a knee problem during the 3-1 defeat at Aston Villa earlier this month, Sels got the call.

The Belgian has retained his spot since then and celebrated a clean sheet against league leaders Arsenal on Saturday.

"This is football," said Sels (left) said about being a substitute. "I was injured and they won that game so the gaffer told me he wanted to keep going with the same team. I worked during the week to show I was ready for when my chance came."

Sels made three big saves to ensure Forest claimed a point against the Gunners. It was a superb performance from the hosts on the back of some below-par displays of late.

Forest are still battling for survival but looked much more like the team that finished seventh last season.

Sels, 33, admitted he was aware relegation rivals West Ham had narrowed the gap by beating Tottenham prior to Forest's game kicking off.

"We need to have confidence," Sels said Sels. "We need to look at ourselves, not at the other teams around us. The support was amazing.

"We need to keep going in the next home game and give the supporters what they deserve."

PAT ON THE HEAD FOR RAMS HERO

PRESTON 0
DERBY COUNTY 1

Championship

BY **JASON MELLOR**

PATRICK AGYEMANG claimed his winning goal was a case of mind over matter.

The American striker's late header sealed only a third win in 11 games to keep Derby on the fringes of the play-off race.

Agyemang (celebrating his goal, above) has been working on toughening up mentally as well as physically since a £7.3million summer move from Charlotte FC.

The 25-year-old revealed: "As a striker you want to score with every chance you get but we're all human so no one is going to do that.

"I've been working on the mental battle and I was able to show that. Most importantly I hear the fans backing me no matter what and the boys saying 'Pat go again, get the next one, you keep going'.

"This was one of our top performances of the season and we have to realise we can do this in every game. We've done it against a team who are high in the league and we want to build on it.

"Every game in the Championship is a fight. We showed a winners' mentality and we need to continue to have faith things will work out."

The Rams defence wasn't the only thing to shut Paul Heckingbottom out as the frustrated Preston boss was also snubbed by referee Farai Hallam.

"I tried to speak to the referee after the match, but they wouldn't let me in," he said.

Heckingbottom outlined his concerns about North End's threadbare pitch which might even have a say in the type of player the club targets in the transfer window.

He added: "We've discussed it. Does it change what we go for in the transfer window? Derby went direct to Agyemang, but it's hard to get that type of player and what if you don't really want to play like that?

"It's a dilemma. The pitch is a factor and we've got to deal with it and come up with solutions."

LIONS READY TO PREY ON LEADERS NEXT

WATFORD	**0**
MILLWALL	**2**

Championship

JOSH COBURN insisted Millwall were well worth the win as Alex Neil's side fired a warning shot to leaders Coventry.

Neil's troops warmed up for tomorrow's trip to the Championship pace-setters with a dominant victory against their top-six rivals thanks to two second-half goals at Vicarage Road.

Coburn came off the bench to score in consecutive games and extend the Lions' five-game unbeaten league run after Femi Azeez put them ahead.

The former Middlesbrough striker (above) said: "We dominated the first half and deserved to win overall.

"We were really good in the first half but couldn't quite get the goal, but we handled it really well, got the goal and hit on the counter-attack. We controlled the game really well."

Millwall chief Neil delivered a scathing assessment of the antics of Watford's players after Javi Gracia's side were bullied out of the points.

The Scot, whose side host derby rivals Charlton on Saturday, said: "Every time Watford got fouled they rolled about the ground for about three minutes. That's what I've seen.

"I know that might sound a little bit harsh, but it's a physical game. Lo and behold, they all got up and were okay afterwards.

"You can see how hungry we are. We know we're at the cutting edge of the season and we know how big this week is.

"I talk a lot about doing the hard yards and sometimes at this level you can beat teams through persistence and putting the effort in that maybe others won't. That typifies our team and it's what we expect from each other.

"It's one of the key reasons as to why we're doing so well this year. We work extremely hard, we're really organised and the lads put everything into every game."

A first defeat in eight dented the Hornets' promotion hopes.

Boss Gracia said: "Millwall deserved it.

"We suffered because they are strong and they did their job. It's a result we must learn from."

HEART OF GLAS

Austrian boss is voice of fans with 10-minute attack on Palace board

CRYSTAL CHEER
Yeremy Pino puts Palace in front and celebrates with team-mates (above)

SUNDERLAND 2
CRYSTAL PALACE 1

BY **IAN MURTAGH**

AS THE credits rolled on Saturday night's Match of the Day, angry Sunderland fans took to message boards and social media, expressing their outrage at a perceived injustice.

MotD had, quite understandably, focused on the dramatic events at Crystal Palace over the past seven days, culminating in a 10th game without a win and Oliver Glasner's subsequent assault on the club's hierarchy.

No analysis of the Black Cats' latest triumph at their Stadium of Light fortress, a result which keeps alive Mackem hopes of a first European campaign in more than five decades.

Palace's keyboard warriors had no need to vent their own anger, however.

Boss Glasner did it all for them with a near 10-minute diatribe.

We've become accustomed to managerial ranting and raving in recent weeks, but the Austrian's scathing attack on the Eagles board was no wild rant.

Demob happy he may be, but Glasner was cool, calm and collected as he surgically delivered his verbal assassination, effectively accusing those above of a dereliction of duty.

It may very well bring forward his Selhurst Park exit – the man himself gave the impression he wouldn't care one way or another – but it's hard to recall a working manager articulating the views and fears of a disillusioned fanbase quite so starkly.

"I don't know, it's their club," he said quite dismissively when asked if his charge sheet might bring repercussions for him.

"I don't need any support.

"Crystal Palace is fine to end the season like this, with Oliver Glasner, with another manager.

"I don't know, I don't care and they're fine with this. OK, they can do it."

Palace's week from hell started with humiliation at Macclesfield, descended into acrimony with the bombshell announcements that both Glasner and skipper Marc Guehi are leaving and ended with defeat on Wearside.

Without ever spelling it out, the Palace chief was a prophet of doom as he warned of the high price the club will pay for selling prize assets Eberechi Eze and Guehi within months of winning the FA Cup.

"We feel we are being abandoned, no support," he fumed.

"And if we continue like this, you will get the bill. If you're fine with this, then continue."

Though Sunderland ultimately ran out comfortable winners and could have added to goals from Enzo Le Fee and Brian Brobbey after Yeremy Pino had fired the visitors ahead, there were seeds of encouragement in the Palace performance.

Few opponents have tested the Black Cats' impressive backline as forcefully as the South London side did in the opening 45 minutes and they should have gone in at half-time ahead, only for Tyrick Mitchell's flying header to go agonisingly wide.

Of course, the caveat to the Eagles' bright start was that they couldn't maintain their ascendancy, while the catalyst behind it, Jean-Philippe Mateta, is tipped to be the next on the outgoing conveyor belt. At times, he tortured the home defence before the break with his power, but once Dan Ballard and Co got to grips with the Frenchman, a Sunderland win always seemed likely.

Le Fee levelled exquisitely within minutes of Pino's goal before the Black Cats' very own strongman Brobbey struck a goal only his kind of striker could have scored.

Newcastle legend Alan Shearer may have been spared the task of waxing lyrical once again about Sunderland due to the Palace saga.

And Mackems may feel aggrieved that the occasion was always going to be more about their adversaries than themselves.

But with Regis Le Bris (inset) and his side back to winning ways and fixtures ahead against lowly West Ham and Burnley, they now have the chance to make the headlines.

And even Shearer will then have no option but to talk about his favourite subject.

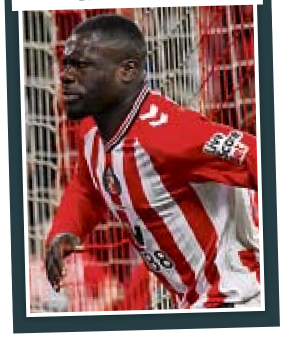
SUNDERLAND (4-2-3-1): Roefs; Mukiele, Ballard, Alderete, Reinildo; Xhaka, Sadiki; Hume, Le Fee, Mundle (Cirkin 88); Brobbey (Mayenda 84).
CRYSTAL PALACE (3-4-3): Henderson; Richards, Lerma, Lacroix; Devenny, Wharton, Hughes, Mitchell; Johnson, Pino, Mateta.

PREMIER LEAGUE

SUNDERLAND		C PALACE
57%	POSSESSION	43%
7	SHOTS ON TARGET	2
5	SHOTS OFF TARGET	2
456	TOTAL PASSES	339
80%	PASSING SUCCESS	75%
3	CORNERS	4
0	OFFSIDES	2
8	FOULS	15
🟥 0 🟨 3	CARDS	🟨 3 🟥 0

REF: Rob Jones **ATT:** 47,257

MAN OF THE MATCH
BRIAN BROBBEY



OL GONE WRONG Glasner goes to comfort Chris Richards as Palace slump to another defeat

ROEFS RAISES HOPE OF BROBBEY RECALL

BY **IAN MURTAGH**

BRIAN BROBBEY picked the perfect occasion to turn in his best Sunderland performance since his £20m move from Ajax.

Watching Brobbey (right) with interest was Holland's assistant manager Erwin Koeman.

And while keeper Robin Roefs was the main focus of his attention, Koeman could not have failed to be impressed by the striker's latest step on the road to redemption.

Brobbey hasn't played for the national team since arriving on Wearside after a disappointing spell in the Eredivisie last term.

But with Holland boss Ronald Koeman crying out for a goalscorer, his fourth goal in a red and white shirt and his current form gives him an outside chance of heading to the World Cup this summer.

"That's not up to me," said compatriot Roefs.

"But it was good that he scored with our assistant manager here to see it.

"I cannot say if he will get back in the squad, but all I will say is Brian is so important to us right now.

"He is such a great outlet for the team and is scoring goals.

"And it is true if you are scoring goals in the Premier League, you are going to be talked about.

"I don't think there can be any defender happy to come up against him. He must be a nightmare to play against with that strength."

Roefs celebrated his 23rd birthday on Saturday, but admitted it wasn't quite the perfect occasion.

He added: "I wanted a clean sheet and a win. Unfortunately I did not get the clean sheet, though I guess the win is more important.

"We feel we can do something really special this season. The message in the dressing room is to keep going. There's no chance of us taking our foot off the gas."

SUPER KYLE CONJURES UP MESSI MAGIC

SOUTHAMPTON 1
HULL 2

Championship

BY **JASON MELLOR**

KYLE JOSEPH and Charlie Hughes turned up the heat on Tonda Eckert as things got Messi for struggling Southampton.

The Tigers cashed in on Sergej Jakirovic's new money-based incentive scheme to keep his side's promotion push bang on track.

The pressure is mounting on Southampton boss Eckert after a seventh league game without a win left his side 10 points off the play-off pace and in danger of being dragged into the battle for Championship survival.

Hull are heading in the opposite direction after a fifth win in seven games pushed them up to fifth following Joseph's memorable seventh goal of the season and Hughes' set-piece second from an Amir Hadziahmetovic corner.

Jakirovic – who described the finish by Joseph (above, right) as Lionel Messi-like – has been nagging his side to be more of a threat from dead-ball situations, so was thrilled when defender Hughes headed home the second.

The Tigers boss said: "I said to Kyle he finished the first goal like Lionel Messi and I've promised Amir and Charlie bonuses.

"We've been working on set-pieces for so long and every single day we can't score from them, but this was perfect.

"I can't say exactly what the bonus is, but it's cash. It was my promise because everything is about the money in football."

In another boost, Yu Hirakawa could make his Tigers debut against Preston tomorrow after the Japan winger finalised a move from Championship rivals Bristol City. Manchester United youngster Toby Collyer is also set to join Hull's promotion push.

Ross Stewart claimed a late consolation for Saints, who travel to South Coast rivals Portsmouth on Sunday after the midweek visit of Sheffield United.

Eckert refused to point the finger at his players, and the 32-year-old German said: "It's us all together.

"I'm not going to throw anyone under the bus because it doesn't help anyone. In the end I'm responsible."

JOV SHOOTS UP TO MAK A HUGE IMPACT

WREXHAM	**1**
NORWICH	**2**

Championship

BY **JASON MELLOR**

JOVON MAKAMA has grown into one of the most feared strikers in the Championship.

The 21-year-old (above) hit double figures for the league campaign with a second-half winner to make it nine goals in the past eight games to inflict a rare home defeat on Phil Parkinson's men.

Makama has taken the step-up in his stride after a summer move from Lincoln. His goals have filled the void left by the absence of wantaway striker Josh Sargent to boost the Canaries' great escape bid as a fourth win in six leaves them a point from safety.

The Nottingham-born targetman admits he has started to flourish in front of goal after a growth spurt helped him to deal with the physical rigours of the transition from League One.

After adding to a first-half goal from Tunisia midfielder Anis Ben Slimane, he said: "I've realised as I've gone up the leagues that the speed and physicality is different. With my frame and strength, I'm still learning but over time I've got a lot more confident.

"There was a time when I struggled because I wasn't always this size but now I've got the size it's about using it. The coaching staff have really helped.

"They've put a lot of work in with me and that's paid off in and around the box. It's about instinct when the ball is in the area and all I think about is getting a yard and getting a shot off. It's given me so much confidence."

Sam Smith (below) grabbed a first-half leveller for the Welshmen but it was not enough to stretch a five-game winning run. Boss Parkinson said: "We made mistakes and gave the ball away cheaply too many times."

FRANKLY, IT

TIME FOR CHANGE
TIME FOR CHANGE
TIME FOR CHANGE

HAIR-RAISING Frank was booed by Spurs fans after his side's eighth defeat in 14 games

COMMENT

Spurs fans turn on Thomas afte

BY **ALASDAIR GOLD**

HOW does a Spurs manager come back from 17,500 of his own fans singing, 'You're getting sacked in the morning' from the South Stand of Tottenham Hotspur Stadium?

The club's hierarchy and the Lewis family behind them have wanted to buck the trend at Tottenham and end the biennial cycle of doom that exists within its walls with sacked managers, new players, rebuilds and frustration every other year in N17.

The powers-that-be have been desperate to give Thomas Frank every possible bit of time to stop the revolving door of managers at Hotspur Way.

But it was noticeable in CEO Vinai Venkatesham's long and detailed open letter to the disgruntled Spurs fans ahead of Saturday's game that he mentioned everything but the head coach he had employed.

"Our supporters want wins and performances to be proud of and we know the men's first team has fallen short of where we want to be so far this season" was the closest the Tottenham supremo, who was in attendance at the game with Vivienne Lewis, got to mentioning Frank. The problem is that even mentioning the Dane's name right now is likely to provoke an unwanted reaction.

Frank was booed mercilessly at the final whistle as he applauded the South Stand and also when he walked down the tunnel afterwards.

The former Brentford head coach is getting a worse reaction than the man who beat him on Saturday – Nuno Espirito Santo – who could have gone to football jail for making a Tottenham team containing Harry Kane and Son Heung-min look so awful in 2021. Going into this latest derby he had t

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CAN'T GO ON

CHANGE
TIME FOR CHANGE

SIGN OF TIMES Callum Wilson celebrates winner to darken mood of Spurs fans (inset)

er the latest setback

he worst points-per- ross all competitions ast eight Tottenham with 1.32.

to a West Ham side won a match in 10 mpts in the Premier e last straw for many ns.

icking a man when g Frank how difficult ar so many people im to lose his job. ly had better times, ot the best time. But I m the man in charge. So the blame will go to me," he said. "That's fair, no problem in that sense. As long as they are backing the players, doing everything they can, to support them and drive them forward, that's what we do, and we will keep going forward."

The problem for Frank is that nothing he's done has justified the decision to sack Ange Postecoglou in June, in the wake of Spurs winning their first trophy in 17 years.

He was sold as the modern coach who would solve all the issues the Australian was branded with – the leaky defence, a lack of tactical flexibility and being incapable of competing in all competitions.

The results, with eight defeats in 14 matches, and the fans' feelings towards him are verging on making Frank's position an impossible one.

The mood and the way the team is playing is affecting matches, with any delay to proceedings such as a hesitancy to pass from Vicario or time taken over a throw-in jeered.

The fans are sick of repeated false dawns but cannot see anything positive coming on the horizon.

A group of around 100 protesters before the game called on Change for Tottenham. After the final whistle, a couple of those same flags were used in regard to Frank.

He will swiftly find out if his bosses agree.

WIL POWER'S SOU VITAL IN SURVIVAL BID

TOTTENHAM 1
WEST HAM 2

BY **RYAN TAYLOR**

TOMAS SOUCEK has paid tribute to Callum Wilson for sparking West Ham's survival bid into life.

The 33-year-old frontman struck the winner at Tottenham in stoppage time, just moments after entering the field.

But what made the goal all the sweeter was that earlier this month, the Hammers were being tipped to tear up their attacker's short-term contract.

Soucek said of his resilient team-mate: "He's a great player.

"He's a few goals from 100 [93] in the Premier League, so I wish he would get there quicker!

"But he's a great guy and he showed it. He only came on for two or three minutes. Lots of strikers wouldn't overly care and wouldn't move much after this but he showed that he cared.

"After one minute [after coming off the bench], he created a big chance and then from the corner he scored.

"He showed the instinct of the striker and I hope he stays, because he's a great guy and he can help massively."

West Ham have spent £43million on two new centre-forwards this month, in Pablo and Taty Castellanos.

But it was Wilson, who has a pay-as-you-play contract, that had the final say to inflict yet more misery upon Thomas Frank.

Tottenham rallied back to level through captain Cristian Romero after Crysencio Summerville opened the scoring in the 15th minute.

Soucek believes the effort displayed when ransacking all three points from the Tottenham High Road is a template West Ham must replicate moving forward. He added: "I'm so happy, because we just said that after the FA Cup game [a win against QPR] that we need to carry on the momentum.

"We don't want to stop, because we know that there is a long way to go before we get where we want.

"We've been speaking and have said it's important we start performing now, nobody is more important than the team.

"We have to do the hard stuff first and then we can show the quality to create goals and chances.

"We need to stick together."

Nuno Espirito Santo's men recorded the gritty victory without talisman Lucas Paqueta, who is attempting to push through a return to former club Flamengo.

Yet the spirited Hammers seemed to grow stronger in his absence. Soucek wants the group to utilise the experience they have in their ranks for the rest of the season.

After making only his eighth top-flight start of the campaign, he said: "The manager is experienced, I'm experienced and we have to use this experience.

"Jarrod Bowen is here and we have a few players like that who have to be involved even more and speak with the other players about how important this is.

"We can build momentum and we need to transfer it into next week against Sunderland again.

"We have 16 games left and every match is like a cup final. We need to perform well and take points."

TOTTENHAM (4-2-3-1): Vicario; Porro, Romero, Van de Ven, Davies (Spence 19); Gallagher, Gray (Bissouma 46); Odobert (Bergvall 90), Simons, Tel (Solanke 62); Kolo Muani.

WEST HAM (4-2-3-1): Areola; Wan-Bissaka, Todibo, Mavropanos, Scarles; Soucek, Fernandes (Kilman 90); Bowen, Pablo (Rodriguez 79), Summerville; Taty (Wilson 90).

PREMIER LEAGUE

TOTTENHAM		WEST HAM
62%	POSSESSION	38%
6	SHOTS ON TARGET	4
11	SHOTS OFF TARGET	6
482	TOTAL PASSES	302
83%	PASSING SUCCESS	75%
11	CORNERS	5
1	OFFSIDES	1
12	FOULS	17
0 5	CARDS	3 0

REF: Jarred Gillett **ATT:** 60,857

MAN OF THE MATCH
CRYSENCIO SUMMERVILLE

POTTERS ARE IN A HURRY TO GO AGAIN

STOKE CITY 0
QPR 0

Championship

ASHLEY PHILLIPS has warned Middlesbrough to be ready for a backlash from frustrated Stoke.

Mark Robins' men host second-place Boro on Wednesday night keen to get this utterly forgettable stalemate out of their system.

The Potters failed to make their dominance count and missed a chance to climb back into the top six, despite a fourth game unbeaten in all competitions without a goal against them so far this year.

A serious leg injury suffered by Manchester City loan striker Divin Mubama compounded a day to forget as Phillips' 100th career appearance fell flat.

The on-loan Spurs centre-back (above), 20, said: "Possession-wise and shots-wise we were all over them so we were unfortunate not to win.

"It's frustrating, because we played some good football but were just missing that goal.

"It's four clean sheets in a row and we can take our frustration into Wednesday's game and hopefully come away with three points.

"Personally, it's a great achievement to make it to 100 games.

"It's one of the goals I set for myself when I was younger to get to a century before I turned 21 so to be able to do it is a great feeling."

Rangers remain in the play-off mix despite one win in five league games. But defender Jimmy Dunne admitted this latest point wasn't a great watch.

"It's not our prettiest performance," the skipper said. "There's something to be said for coming to a difficult place to play a team that is rolling over a lot of sides here and putting in a gritty display.

"There wasn't loads of quality on our behalf, but we worked hard and the attitude was superb.

"Clean sheets always give you an opportunity to nick the game and at the end we were the team that could have won it with a couple of opportunities.

"We couldn't convert them, so we take a point and move on."

POMPEY TAKE THE SEG-WAY AGAIN

SHEFF WED	**0**
PORTSMOUTH	**1**

Championship

BY **JASON MELLOR**

ROADTRIP talisman Adrian Segecic was up to his old tricks to grab a priceless three points for Pompey.

John Mousinho's men don't win often away from home but when they do it's been down to their Australian winger.

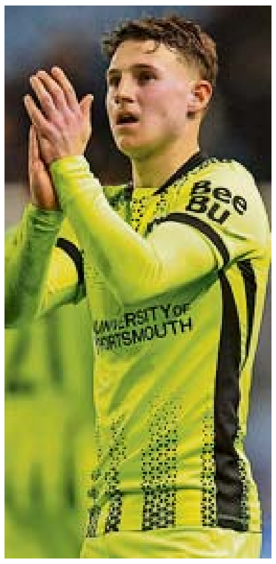
Segecic (right) grabbed the only goal when Portsmouth last tasted victory on enemy territory on the opening day of the campaign at Oxford.

After his fifth goal of the season kept his side a point above the drop zone, the 21-year-old said: "It's another goal for me in an away win so I'm delighted because that Oxford game feels like a long time ago.

"The gaffer has told me to gamble a bit more going forward and I heard the crowd go ballistic as the ball hit the net but it was a bit of a blur. The fans travel so far to support us and it's nice to send them on the long trip home feeling a bit happier.

Loan arrivals Murphy Cooper and Jaden Heskey made their Owls' debut as a 20th league game without a win left Henrik Pedersen's administration-hit side 35 points adrift of safety and heading for League One.

Pompey are the only side to lose to Wednesday in the Championship this season and Pedersen said: "Getting a win is going to be difficult but not impossible. We have to keep on going because I saw some progress."



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PREMIER LEAGUE

LIVERPOOL		BURNLEY
73%	POSSESSION	27%
11	SHOTS ON TARGET	1
8	SHOTS OFF TARGET	4
728	TOTAL PASSES	275
87%	PASSING SUCCESS	69%
9	CORNERS	1
1	OFFSIDES	2
8	FOULS	10
0 🟥 1 🟨	CARDS	2 🟨 0 🟥

REFEREE: Andy Madley **ATT:** 60,431

MAN OF THE MATCH

MARTIN DUBRAVKA (BURNLEY)

SZOB STORY

Liverpool's Szoboszlai reacts after missing a penalty against Burnley

SPLUTTERING CHAMPS ARE KOPPING FLAK

Skipper frustrated as Anfield draws provokes boo-boys

LIVERPOOL	1
BURNLEY	1

BY **IAN DOYLE**

VIRGIL VAN DIJK was not messing about.

The remaining stragglers were still trudging away from Anfield when, barely 10 minutes after the final whistle on another afternoon of frustration that prompted a smattering of boos from the home support, the Liverpool captain was showered, dressed and ready to field questions from the gathered media.

And that immediate reaction from the fanbase to a disappointing draw against struggling Burnley was foremost in his mind.

"I don't like boos from my own fans," said Van Dijk when asked if the jeering had hurt.

But are Liverpool now testing the patience of the Anfield crowd after a third home draw in five?

"What can I say?" said the Reds skipper. "We have to keep going."

Having been held to similar stalemates by Sunderland and Leeds in the previous six weeks, it is the first time since 1980/81 that Liverpool have failed to beat any of the three promoted teams at home. The Reds went on to win the European Cup that season, although a repeat was far from the minds of all involved this time.

"1980? Wow," said Van Dijk when told of the unwanted statistic. "That's the reality and we need support, that's the only thing I can say."

Liverpool dominated the match with 32 shots at goal and 11 on target. They missed a penalty through Dominik Szoboszlai before Florian Wirtz's opener.

Then a brief drop in intensity midway through the second half allowed Marcus Edwards to equalise (left) with Burnley's only shot on target.

While the Reds are now 12 games unbeaten in all competitions, six of those have been draws with the last four coming in the Premier League.

And Van Dijk's early exit from the dressing room didn't pass unnoticed, with his thoughts already turning to Wednesday's Champions League clash at Marseille.

"I'm frustrated," he said. "I'm frustrated that after 60 minutes we started to become sloppy and it's not the first time. We have to address that.

"It's been spoken about already but we have to address it again apparently and Monday will be a big one for it because Wednesday will be a very difficult game over there, not only because of the atmosphere but it's against a (Roberto) De Zerbi team who make it difficult for you.

"We worked hard on creating chances and created loads of chances but unfortunately we couldn't win it. We keep going. If I had a solution we wouldn't be having this conversation. We have another 48 hours to assess it, ourselves and the staff, and we will debrief and then we have to act.

"We created loads of chances and that's a good sign, especially if you look at the last few games we drew. There was a lot of possession and many chances created. But we drew and that's the frustrating thing.

"Have we lost our aura as Premier League champions? It could have been three or four one. I won't say that's a problem, I'd say there is something lacking at the moment and we want to change that."

Liverpool expect to be bolstered this week by the return of Mohamed Salah with the winger's Africa Cup of Nations duties now over after Egypt lost to Nigeria in the third-place play-off on Saturday.

"Everyone should look forward to that," he said. "Let's see when he is back and hopefully he can help us. With his quality he can win games and have good results."

LIVERPOOL: Alisson, Frimpong, Konate, Van Dijk, Kerkez (Robertson 78), Gravenberch (Mac Allister 78), Jones (Chiesa 87), Szoboszlai, Wirtz, Gakpo (Ngumoha 78), Ekitike
BURNLEY: Dubravka, Walker, Tuanzebe, Esteve (Ekdal 74), Humphreys, Pires, Edwards (Mejbri 90), Ugochukwu (Laurent 84), Florentino (Tchaouna 90), Anthony, Broja (Foster 74)

LACK OF THE NET
Van Dijk admits his team are 'lacking something' but vowed to address it

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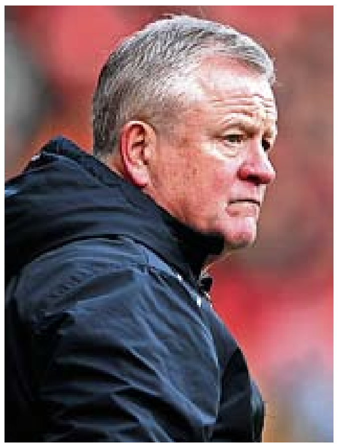


CHRIS NOT WILD ABOUT TWO REDS

CHARLTON	1
SHEFFIELD UNITED	0

Championship

BY **JASON MELLOR**

CHRIS WILDER channelled his inner Paul Daniels but Lyndon Dykes reckoned Charlton provided all the magic.

There was not a lot the angry Blades boss liked about the performance of referee Oliver Langford – who he accused of producing cards quicker than the celebrated illusionist.

Djibril Soumare and Japhet Tanganga saw red before the break to leave United with a mountain to climb as Dykes made his debut off the bench to provide the match-winning assist for Sonny Carey.

A first win in six lifts Nathan Jones' men five points clear of the drop zone and former Birmingham striker Dykes said: "I'm absolutely buzzing with that.

"Three points is exactly what we needed and I'm just happy to come on and make an impact in what was a team effort. The boys at the back were solid so it was a great win.

"When they had two men sent off we had to break them down so it was a bit frustrating for the fans. It probably wasn't our best performance but there was some great teamwork from everyone."

Wilder (top) insisted nine-man United had not lost their heads, and the Bramall Lane boss said: "It wasn't an ill-disciplined performance. For the second red the referee set a world record to get the card out of his pocket.

"It was unbelievable how quickly he got it out. It was like Paul Daniels magic with how quickly he got it out. I've stopped doing reports on refs now because it's just not worth it.

"It's a funny day to digest. I've managed over 300 games for this club and I've said to the players that's right up there in terms of how good I feel about how our supporters feel about our players, and how our players feel about our supporters.

"There was zero connection between them at the start of the season but you can see now the players are giving everything."

PAT ON BACK AS ROBERTS BAGS POINT

SWANSEA	1
BIRMINGHAM	1

Championship

BY **JASON MELLOR**

PATRICK ROBERTS insists there is more to come after grabbing a welcome point on the road for travel-sick Birmingham.

The winger's third goal of the campaign denied Swansea a fifth straight home league win in a largely forgettable game where the Blues were grateful for small mercies after stretching their eight-game winless away run in the Championship.

Roberts (above) atoned for failing to take a decent early chance by coming up with a late leveller. And he said: "I missed one in the first half where I should have at least hit the target and I'm glad I made up for it.

"I could have had a few more goals this season and hopefully there are more to come.

"Hopefully this result keeps us building in the right direction.

"Any point on the road in the Championship is a good one. It wasn't a great performance in the first half and we had to show a bit more urgency in the second to come back.

"I've been here many times and it can get end to end. We upped it a little bit and got in their faces. On another day we could have scored another goal. We take the point and move on."

Goncalo Franco set up the opener as Slovenian striker Zan Vipotnik scored for the 13th time this season to continue the Swans' upward curve under new boss Vitor Matos (above).

Portuguese midfielder Franco said: "The coach has arrived with a positive energy and as players we've enjoyed it.

"We're taking on board his ideas and the way he wants us to play. Everyone can see the energy and desire we're playing with.

"We deserved to win, but it was a tough game against a good opponent, so I was pleased to come up with an assist.

"We'd rather have had three points, but it was another performance to build on."

LIAM'S GOOD DAY AT THE OFFICE

Rosenior proves a class act as he shakes off memes

LEADING MAN
Joao Pedro is given a hug by team-mate Pedro Neto after hitting opening goal

CHELSEA	2
BRENTFORD	0

BY **STEVE JUDGE**

AFTER a week in which Liam Rosenior was likened to David Brent and The Inbetweeners' Will McKenzie, Joao Pedro's verdict on his new boss was: "He's electric."

Online trolls have had a field day with documentary footage of Rosenior during his time at Chelsea owners BlueCo's other club, Strasbourg.

A soundbite of Rosenior claiming the role of a manager is to "age men", because split in two it becomes "man ager" did the damage.

Memes labelling the Blues boss a football version of Ricky Gervais' fame-hungry middle manager from a Slough stationery firm (above) went viral.

But according to Pedro, Rosenior (right) is hungry for something else.

He wants Chelsea to play like Roberto De Zerbi's Brighton – possession obsessed, high intensity and brave in building from the back.

That should suit former Seagulls Pedro, Moises Caicedo, Robert Sanchez and Levi Colwill, who all played under De Zerbi.

Even so, the Brazilian warned Blues fans it will take time for Rosenior's ideas, planted in short bursts on the training ground, to blossom on the pitch.

He said: "It is always tough when you change the manager but we try to do our best. Everyone has tried to do what he wants. Soon it will be getting better and better each game.

"He is a very electric manager, he always wants us to play with intensity, with the ball and without. That is the difference. For my position he wants us to be more in the middle of the pitch, to create more space for the No.10.

"Without the ball, to run and press always. He is similar to Roberto De Zerbi, so it makes it easier to understand what he expects from me.

"They are different, but the way they think about football is similar.

"The other guys need the time because it is easy but also difficult to do on the pitch. Soon we'll do better."

Rosenior's vision looked a long way off after his first Premier League game in charge on Saturday.

But he seems to have sorted the basics at least, getting his players to dig in and grind out a first league win since the worst 48 hours of predecessor Enzo Maresca's footballing life ended with a 2-0 win over Everton on December 13.

Chelsea managed only 46 per cent possession, 11 penalty box entries to Brentford's 33 and two shots on target.

Pedro smashed the first of those into the roof of the net on 26 minutes after the dogged Enzo Fernandez blocked Michael Kayode's clearance on the edge of the box.

Cole Palmer's 76th-minute clincher from the spot came after sub Liam Delap chased down a back bass and was fouled by Bees keeper Caoimhin Kelleher.

It had Rosenior telling birthday boy Fernandez, who turned 25 on Saturday, he deserved a good meal after a relentless midfield display.

The Blue boss said: "So impressed. I knew what an outstanding player he was. I told him I was at the World Cup final when he played.

"It's not until you see a player up close that you see what he's all about.

"He's a winner. It's his birthday. I told him he should go and enjoy some Argentinian steak."

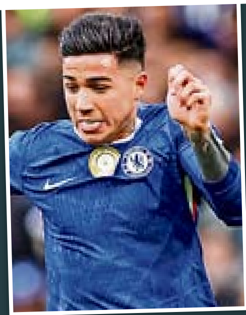
CHELSEA (4-2-3-1): Sanchez; James (Acheampong 85), Chalobah, Adarabioyo (Fofana 58), Cucurella; Caicedo, Fernandez (Hato 85); Neto, Palmer, Garnacho (Santos, 58); Pedro (Delap 74).
BRENTFORD (4-2-3-1): Kelleher; Kayode, Ajer, Collins, Henry (Hickey 82); Yarmoliuk (Donovan 90), Janelt; Jensen, Damsgaard (Ouattara 77), Schade (Lewis-Potter 82); Thiago.

PREMIER LEAGUE

CHELSEA		BRENTFORD
46%	POSSESSION	54%
2	SHOTS ON TARGET	5
2	SHOTS OFF TARGET	5
443	TOTAL PASSES	513
84%	PASSING SUCCESS	87%
3	CORNERS	9
1	OFFSIDES	1
7	FOULS	10
0 🟥 3 🟨	CARDS	2 🟨 0 🟥

REF: John Brooks **ATT:** 39,704

MAN OF THE MATCH
ENZO FERNANDEZ



KEITH EYES CAPITAL GAINS

BY **STEVE JUDGE**

THERE is nothing new about Brentford losing a London derby on the road, but the feeling of just being a plucky bus stop in Hounslow appears to be a thing of the past.

Former boss Thomas Frank talked about his side gaining respect after a 2-1 defeat at Chelsea last season.

But even after suffering their 12th defeat in 16 capital away games, Keith Andrews has the 2025-26 Bees believing they can match the big boys.

So they should after dominating for long spells at Chelsea, with Mathias Jensen and Kevin Schade missing huge chances either side of half-time. It was a performance which had fans believing, "We're all going on a European tour", despite goals from Joao Pedro and Cole Palmer handing them a first defeat in six games to drop them from fifth to seventh.

Andrews (left, with Chelsea ace Palmer) said: "I don't think there's a ceiling for this group of players.

"The fans should be excited. The levels of performance, and the journey the team is on, is exciting.

"The fans being engaged like they are, and that connection that they have with our players, it's special.

"But they'll be disappointed we didn't get something from the game because we certainly are."

SMILES BETTER
Nmecha wheels away after firing home late on (left) at Elland Road

LEEDS	**1**
FULHAM	**0**

STINKER TO STONKER

Supersub Lukas makes up for three 'horrific' touches

BY **ISAAC JOHSNON**

IT'S transfer season and for Leeds, this win over Fulham was a tale of new signings – and those who just slipped away.

Pre-match, the focus revolved around new January recruit Facundo Buonanotte, who arrived on loan from Brighton on Thursday having rejected Leeds for Chelsea – where he spent the first half of the season – at the last minute in the summer.

That forced Leeds to pivot towards Harry Wilson, who had signed papers to join Leeds on deadline day before Fulham pulled the plug.

On Saturday, he soon turned himself into the pantomime villain when he cynically scythed down summer arrival Gabriel Gudmundsson (inset, above) – who scored a bizarre stoppage-time own goal in September's 1-0 reverse fixture – to spark Elland Road into bearpit mode.

The cries of passion from the stands led to on-pitch momentum which carried Leeds throughout the second half and ultimately to a stoppage-time winner of their own, with fellow off-season signing Lukas Nmecha grabbing the headlines.

"It felt amazing," he said. "I just got contact on it. I didn't see the ball until it was in the back of the net."

Nmecha had come off the bench 10 minutes earlier and was having a howler after "taking three horrific touches in a row".

Leeds boss Daniel Farke later made a joke about it himself.

"His first three touches, I thought he'd put his boots on for the first time in his life," he said with a laugh.

"He is one of the best German strikers we have and he has shown this with a crucial goal which wins us all three points." At the other end, Leeds kept their first home clean sheet since August.

Farke had made the bold decision to drop keeper Lucas Perri, another summer signing, in place of Karl Darlow after publicly criticising his performances. Farke rarely points the blame at individuals, but did so twice in the space of four days earlier this month after Perri came off his line for Manchester United's equaliser in the 1-1 draw before failing to keep out Newcastle's 4-3 winner which he "should have saved".

Explaining his decision to switch his stoppers, Farke said: "We simply got the feeling that in the last weeks, Perri has perhaps not delivered performance-wise what we were expecting on this level.

"We needed to take Lucas a bit out of the spotlight. It felt just a bit like a weight on his shoulders."

Farke was criticised for nearly taking too long to drop error-strewn Illan Meslier amid last season's Championship title run, with Darlow coming in to see Leeds over the promotion line.

There is not expected to be any hunt for a new goalkeeper this window, despite the dropping of Perri.

But Farke admitted a defensive signing is not off the table in light of Jaka Bijol's hamstring strain, which is due to keep him out of action for more than three weeks, possibly five.

"It depends a bit on how the next few days develop," he said.

"If there is a setback in the rehab of Jaka, then, late in January, we would have to react."

LEEDS (3-5-2): Darlow; Struijk, Rodon, Justin; Gudmunsson, Gruev (Tanaka 81), Ampadu, Aaronson (Bornauw 90), Bogle (Nmecha 81); Okafor (Gnonto 70), Calvert-Lewin.

FULHAM (4-2-3-1): Leno; Robinson, Cuenca, Andersen, Castagne; Berge, Lukic (Cairney 66); Smith Rowe (King 77), Wilson (Diop 88), Sessegnon (Kevin 65); Jimenez (Kusi-Asare 88).

HAVING A SCREAM
Daniel Farke celebrates late winner as Leeds grab three points against Fulham

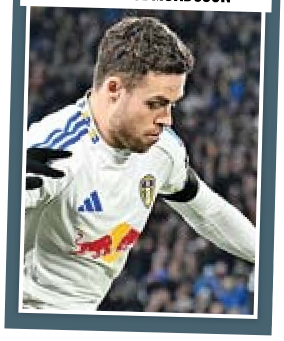
PREMIER LEAGUE

LEEDS		FULHAM
46%	POSSESSION	54%
5	SHOTS ON TARGET	1
8	SHOTS OFF TARGET	5
402	TOTAL PASSES	477
77%	PASSING SUCCESS	81%
7	CORNERS	3
8	OFFSIDES	3
6	FOULS	11
🟥 0 🟨 1	CARDS	🟨 5 🟥 0

REF: Chris Kavanagh **ATT:** 36,300

MAN OF THE MATCH

GABRIEL GUDMUNDSSON



SCOTTISH ROUND-UP

FANS FEELING CUP-SET BUT KENNY STARS

CELTIC'S 2-0 win over AUCHINLECK TALBOT did little to quell the growing dissent among supporters as goals from Johnny Kenny and Sebastian Tounekti saw them progress in the Scottish Cup.

Kenny (above) finished from close range at the near post following Luke McCowan's cross in the 34th minute at Rugby Park before Tounekti curled into the top corner from 18 yards with five minutes left.

Each goal was met with anti-board chants, which were supplemented by basic pleas for some transfer activity.

ABERDEEN booked their place in the last 16 as Jack Milne's first goal for the holders was enough to see off RAITH ROVERS at Pittodrie.

Milne's early winner survived lengthy VAR scrutiny after the defender bundled the ball over the line in a challenge with Rovers keeper Josh Rae at a corner.

Interim Dons boss Peter Leven said: "It's been a challenging two weeks, but it's been my job to try and pick the players up and I'm delighted for Jack to get his goal."

HEARTS could be forced into further activity in the January window after an injury to Lawrence Shankland in the fourth-round exit to FALKIRK as the SPL leaders were edged out on penalties after a 1-1 draw at Tynecastle.

Skipper Shankland was forced off with a hamstring problem and boss Derek McInnes said: "We'll see how he is.

"We've got an opportunity to maybe react in the transfer market this week."

Scottish League Two part-times SPARTANS dumped out INVERNESS 4-2 on penalties after a 0-0 draw.

Caley Thistle midfielder Luis Longstaff said: "We didn't deserve to win. We didn't create enough. It wasn't good enough."

LIVINGSTON'S winless run extended to 21 games after they were knocked out 4-3 on penalties by SPL rivals ST MIRREN.

Celtic face DUNDEE at home in the next round, while Aberdeen host MOTHERWELL in the only two all-Premiership ties.

Meanwhile, RANGERS face a possible rematch of their QUEEN'S PARK horror show in the last 16, providing the Championship side beat STRANRAER.

LEAGUE ONE ROUND-UP

ALEXANDER ROCKED BY REF JUSTICE

BRADFORD manager Graham Alexander blasted referee David Rock after claiming his side were denied a "blatant" penalty during a 2-1 defeat by leaders CARDIFF.

First-half finishes from David Turnbull and Calum Chambers put the Bluebirds on course to move nine points clear of the third-placed Bantams, before Jenson Metcalfe set up a tense finale.

But Alexander (above) felt Rock should have pointed to the spot when Antoni Sarcevic went down.

"If he's not giving that anywhere else on the pitch then we might as well go and get our trunks on and just start wrestling each other," he said. "It was a blatant penalty."

LINCOLN manager Michael Skubala admitted his second-placed team were made to pay for taking their foot off the gas after surrendering a two-goal lead to draw 2-2 at LUTON.

Freddie Draper and Rob Street put the Imps in control, but Gideon Kodua and Nahki Wells brought the Hatters level.

Skubala said: "We just came off the gas a little bit and that just gave them the upper hand for about 15-20 minutes."

Sixth-placed HUDDERSFIELD sacked manager Lee Grant following their resounding 3-1 defeat at BURTON.

Terriers owner and chairman Kevin Nagle said their pre-season objectives were not being met, adding: "We feel no other option but to make a change to put the side back on track."

Ian Evatt acknowledged BLACKPOOL were in a relegation scrap after a 2-1 loss at BARNSLEY left his side outside the drop zone only on goals scored.

"To come away with nothing really hurts and stings," said Seasiders boss Evatt following an added-time winner from Tykes striker David McGoldrick.

"There's 20 games left and we're in a relegation fight. That's the bottom line."

BOLTON boss Steven Schumacher hailed a "perfect derby performance" after Josh Sheehan's late goal earned a 1-0 victory at local rivals WIGAN.

On-loan Tottenham teenager Oliver Irow scored twice on his debut for MANSFIELD in a 3-0 win over rock-bottom PORT VALE, while Dom Ballard hit a hat-trick in LEYTON ORIENT'S 3-1 success against READING.

SICKENED HALF

Foxes skipper rues post-break slump as leaders restore order

SITTING PRETTY

Simms (in blue, left) flicks in the equaliser at the start of the second-half fightback

CHAMPIONSHIP

	P	W	D	L	F	A	Pts
Coventry	27	16	7	4	59	30	55
Middlesbro	27	14	7	6	40	28	49
Ipswich	26	13	8	5	45	24	47
Millwall	27	13	7	7	31	33	46
Hull	26	13	5	8	42	39	44
Preston	27	11	10	6	36	26	43
Stoke	27	12	5	10	32	23	41
Watford	26	11	8	7	37	31	41
Bristol City	27	11	7	9	38	29	40
Wrexham	27	10	10	7	39	34	40
QPR	27	11	6	10	38	39	39
Derby	27	10	8	9	36	35	38
Leicester	27	10	7	10	38	40	37
Birmingham	27	9	8	10	36	37	35
Southampton	27	8	9	10	39	40	33
Swansea	27	9	6	12	28	34	33
Sheff Utd	26	10	2	14	36	39	32
Charlton	26	8	8	10	26	32	32
West Brom	27	9	4	14	31	38	31
Blackburn	26	7	7	12	24	33	28
Portsmouth	25	7	7	11	22	35	28
Norwich	27	7	6	14	30	40	27
Oxford Utd	26	5	8	13	25	35	23
Sheff Wed	26	1	8	17	18	52	-7

COVENTRY 2
LEICESTER 1

BY **JASON MELLOR**

LEICESTER skipper Ricardo Pereira was brimful of anger at his side's second-half display after doing only half a job to stop Coventry turning the corner.

Second-half goals from strike duo Ellis Simms and Haji Wright sealed a vital comeback victory as a first win in five restored the Sky Blues' six-point advantage at the top after a wobble.

The hit-and-miss Foxes failed to build on Jordan James' early ninth goal of the campaign and a 10th defeat of the season leaves them six points shy of the play-offs.

Portuguese defender Pereira (right) said: "We knew at half-time – we spoke about it to be ready, because they will come at us so you can't concede the equaliser a few seconds into the second half like we did.

"We need to be better because we can't just play for 45 minutes.

"We knew the second half would be more difficult than the first and that their fans would push them. We needed to be more ready for that. We conceded silly goals and we need to be more consistent in terms of the full 90 minutes.

"We need more personality when the other team is up in the game, to manage the match tempo and calm the situation down. We could have scored more with the chances we had."

Wright found the net for the first time in three months to seal the derby win but insisted the drought had not been playing on his mind. The USA forward said: "No, not really - it happens.

"It's not like we're playing against nobody, we're facing teams who are trying to stop us. They made it really hard for us but in the second half we were able to get more control and eventually come out with the three points.

"We're top of the league and all that matters now is winning points. We'd still have been top of the table whether we'd won or lost, so of course we're going to believe in ourselves.

"We're a good squad and a good team.

"It's hard for teams to come here and find a way out against us when we're playing on the front foot."

Coventry have little time to savour a first win since Boxing Day, as they host promotion rivals Millwall tomorrow.

Boss Frank Lampard said: "We need to enjoy this win but we also need to keep calm.

"The next game's only a couple of days away and it's one of the toughest teams to play in the league.

"Millwall are a strong squad with a good coach and they make things really difficult for you so we know

CHAMPIONSHIP
MATCH STATS

COVENTRY		LEICESTER
51%	POSSESSION	49%
6	SHOTS ON TARGET	6
9	SHOTS OFF TARGET	5
5	CORNERS	3
3	OFFSIDE	1
8	FOULS	14
0 1	CARDS	4 0

REF: Lewis Smith ATT: 31,410

WOODMAN IN KEY POINT AFTER HOT STREAK HALTED

LEAGUE TWO ROUND-UP

BROMLEY boss Andy Woodman urged his side to keep the faith after the leaders saw their seven-match winning streak come to an end with a goalless draw at Chesterfield.

Ravens substitute Nicke Kabamba saw his late penalty saved by Zach Hemming, but defeat for Swindon meant Bromley edged six points clear of the chasing pack. Woodman (left) said: "We just couldn't get the breakthrough - and another day, we will."

WALSALL boss Mat Sadler vowed his players have what it takes in the promotion race after they won 3-1 at TRANMERE.

Priestley Farquharson, Daniel Kanu and Jamille Matt were on target as the Saddlers ended a run of four consecutive defeats in all competitions. "We have put together a group of players who can compete and fight in League Two, which is what we are here to do," Sadler said.

SWINDON boss Ian Holloway was fuming after his side slipped to a 3-2 home defeat by SALFORD, who are now also level on 46 points.

"That's absolute garbage - and I am blaming myself," said Holloway. "I am absolutely livid."

NEWPORT missed the chance to move out of the relegation zone after conceding twice in stoppage time to lose 3-2 at GILLINGHAM as substitute Garath McCleary grabbed a dramatic late winner.

Newport boss Christian Fuchs said: "It is a recurring thing for us where we're performing well and at the end of the day we end up with no points."

MK DONS consolidated a top-six spot with a 2-0 win at ACCRINGTON through first-half goals from Ben Wiles and Aaron Collins.

LEAGUE ONE

AFC WIMBLEDON (0) **0** — **DONCASTER** (0) **1**
ATT: 8,092 — Bailey 90
AFC Wimbledon: Bishop, Ogundere, Lewis, Johnson, Seddon, Reeves, Smith, Browne (Bauer 90), Maycock (Hippolyte 68), Nkeng (Bugiel 87), Stevens (Hackford 67). **Booked:** Seddon 66, Lewis 72, Reeves 85. **Sent-off:** Lewis 90.
Doncaster: Clark, Sterry, Bailey, McGrath, Senior, Broadbent (Robinson 55), Molyneux, Gotts, Clifton (Gibson 78), Adelakun (Hanlan 78), Okoronkwo (Sharp 55). **Booked:** Senior 56, Gotts 73.**Ref:** James Durkin.

BARNSLEY (1) **2** — **BLACKPOOL** (0) **1**
McGoldrick 27, 90 — Fletcher 74; **ATT: 10,266**
Barnsley: Goodman, Watson, O'Connell, Shepherd, Ogbeta, Phillips, Bland (Yoganathan 46), O'Keeffe, Kelly, Cleary (Farrell 85), McGoldrick. **Booked:** Bland 17, Phillips 83.
Blackpool: Peacock-Farrell, Grant, Casey, Ashworth, Lyons (Banks 52), Bowler (Evans 71), Brown (Finnigan 81), Honeyman, Hamilton, Bloxham (Ennis 71), Fletcher. **Booked:** Ashworth 36, Honeyman 53. **Ref:** Andrew Humphries.

BRADFORD (0) **1** — **CARDIFF** (2) **2**
Metcalfe 59; **ATT: 21,571** — Turnbull 14, Chambers 24
Bradford: Walker, Baldwin, Tilt, Touray (J Wright 90), Neufville (Ashby 68), Power, Metcalfe, T Wright (Sibley 46), Sarcevic, Pointon (White 68), Swan (Humphrys 46). **Booked:** Tilt 26, Baldwin 70, White 87.
Cardiff: Trott, Ng (Colwill 46), Osho, Chambers, Bagan, Wintle, Robertson (Robinson 78), Tanner (Davies 64), Turnbull, Willock (Ashford 64), Salech (Fish 85). **Booked:** Willock 31, Colwill 75. **Ref:** David Rock.

BURTON ALBION (1) **3** — **HUDDERSFIELD** (1) **1**
Vancooten 4, Beesley 57, McKiernan 78 — May 28; **ATT: 4,318**
Burton A: Collins, Godwin-Malife (Revan 67), Vancooten, Sibbick, Lofthouse, Evans (Larsson 58), Chauke, Williams (Krubally 90), Armer, Adom (McKiernan 58), Beesley. **Booked:** Vancooten 42.
Huddersfield: Nicholls, Balker, Low (Sorensen 65), Wallace, Gooch, Ledson (Harness 66), Humphreys, Alves (Charles 80), Mumba (Miller 65), May, Radulovic. **Booked:** Gooch 44, Humphreys 59, Balker 84, Wallace 90. **Ref:** Simon Mather.

EXETER (0) **3** — **STEVENAGE** (0) **0**
Wareham 49 (pen), Brierley 73, Tutierov 90 — **ATT: 6,302**
Exeter: Whitworth, Sweeney, Fitzwater, Woodhouse, Niskanen, Brierley, Doyle-Hayes, Oakes (Turns 82), Cole (Aitchison 72), Wareham (Magennis 82), Mendes Gomes (Tutierov 60). **Booked:** Doyle-Hayes 90, Whitworth 90.
Stevenage: Ashby-Hammond, James Wildin, Goode, Piergianni, Freestone, Houghton (White 57), Phillips (Lubala 77), Roberts (Cornick 68), Kemp (Campbell 77), Patterson, Reid. **Booked:** Patterson 88, Goode 90. **Ref:** Martin Woods.

LEYTON ORIENT (1) **3** — **READING** (0) **1**
Ballard 45, 65, 85 — Marriott 52; **ATT: 8,492**
Leyton O: Cahill, James, Forrester (Happe 85), Simpson, Bakinson, Clare (Casey 82), Wellens, O'Neill, Archibald, Matthews (Abdulai 58), Ballard. **Booked:** Archibald 57, Clare 78, Cahill 90.
Reading: Pereira, Yiadom, Burns (Lane 84), O'Connor, Dorsett, Wing, Savage (Keane 73), Ritchie (Fraser 60), Doyle (Ehibhatiomhan 73), Kyerewaa, Marriott. **Booked:** Yiadom 7, Savage 39, O'Connor 77. **Ref:** Elliot Bell.

	P	W	D	L	F	A	Pts
Cardiff	26	17	4	5	45	26	55
Lincoln City	26	14	7	5	42	28	49
Bradford	25	13	7	5	35	27	46
Stockport Cty	26	13	6	7	37	32	45
Bolton	26	11	9	6	33	25	42
Huddersfield	27	11	6	10	46	38	39
Luton	26	11	6	9	37	32	39
Stevenage	24	10	7	7	27	23	37
Wycombe	26	9	9	8	34	29	36
Mansfield	24	10	5	9	34	28	35
Reading	25	9	8	8	33	31	35
Peterborough	26	11	2	13	33	35	35
Exeter	25	10	3	12	28	23	33
Plymouth	26	10	3	13	33	39	33
Barnsley	22	9	5	8	35	34	32
Leyton Orient	26	9	5	12	39	43	32
AFC Wimbledon	25	9	4	12	27	34	31
Wigan	25	7	9	9	26	28	30
Burton Albion	25	8	6	11	26	35	30
Blackpool	26	8	5	13	32	39	29
Northampton	25	8	5	12	23	30	29
Doncaster	25	7	5	13	25	41	26
Rotherham	25	6	6	13	24	38	24
Port Vale	24	4	6	14	18	34	18

LUTON (2) **2** — **LINCOLN CITY** (2) **2**
Kodua 35, Wells 45 — Draper 11, Street 22; **ATT: 11,230**
Luton: Keeley, Lonwijk, Andersen, Naismith, Johnson, Walsh, Bramall, Lawrence (Morris 60), Clark, Kodua (Richards 77), Wells (Yates 89). **Booked:** Bramall 49.
Lincoln City: Wickens, Darikwa, Hamer, Bradley, Reach, McGrandles, Varfolomeyev (Jefferies 46), Hackett (Towler 86), Moylan (Ring 68), Street, Draper. **Booked:** Street 39, Varfolomeyev 45, McGrandles 46, Jefferies 75, Draper 90. **Ref:** Scott Oldham.

MANSFIELD (0) **3** — **PORT VALE** (0) **0**
Irow 55, 67, Evans 59 — **ATT: 8,364**
Mansfield: Roberts, Oshilaja, Sweeney, Cargill (Russell 46), Akins, Reed (Hendry 86), Lewis, McLaughlin, Moriah-Welsh (Irow 46), Evans (Adeboyejo 76), Oates (Bolton 76). **Booked:** Cargill 41, Sweeney 70.
P Vale: Amos, Clark (Lawrence-Gabriel 63), Heneghan, Humphreys, Headley (Gordon 87), Byers (Ojo 14), Hall, Croasdale (Waine 63), Shipley, Cole, Brown (Stockley 63). **Ref:** Abigail Byrne.

NORTHAMPTON (1) **1** — **WYCOMBE** (1) **2**
Guthrie 36 — Onyedinma 17, 64; **ATT: 6,758**
Northampton: Fitzsimons, Dyche (Willis 61), Guthrie, Guinness-Walker, Wormleighton (Swyer 61), Taylor, Campbell, Perkins, List (Vale 75), Eaves, Edwards (Hoskins 46). **Booked:** Wormleighton 20, Taylor 58.
Wycombe: Norris, Casey, Hagelskjaer, Allen, Huggins (Grimmer 70), Leahy, Boyd-Munce, Harvie, Mullins (Taylor 76), Woodrow (Fink 84), Onyedinma. **Booked:** Allen 5, Woodrow 83, Harvie 89. **Ref:** Lee Swabey.

PETERBOROUGH (0) **0** — **PLYMOUTH** (1) **1**
ATT: 8,634 — Pepple 23
Peterborough: Bass, Kioso, Lees, O'Connor (Nevett 25), Johnston, Collins, Khela (Frith 77), Garbett, Morgan (Aderoju 60), Lisbie (Hayes 77), Leonard (O'Brien-Brady 77). **Booked:** O'Connor 4, Lisbie 51, Leonard 55, Garbett 56, Kioso 58, Collins 67. **Sent-off:** Kioso 89.
Plymouth: Hazard, Edwards, Ross Jensen, Mitchell, Galloway, Curtis, Boateng, Ralls, Sorinola (Wiredu 90), Pepple (Watts 85), Tolaj (Szucs 90). **Booked:** Boateng 6, Tolaj 44, Mitchell 90, Ross Jensen 90. **Ref:** Ben Atkinson.

STOCKPORT COUNTY (1) **3** — **ROTHERHAM** (1) **2**
Raggett 13 (og) — Olowu 42 (og)
Dawson 55 (og), Andresson 76 — Nombe 60; **ATT: 9,141**
Stockport County: Hinchliffe, Olowu (Andresson 61), Hills, Pye, Dacres-Cogley (Hunt 73), Norwood, Osborn (Fevrier 61), Edun, Bailey, Stokes (Diamond 82), Wootton. **Booked:** Edun 24, Stokes 53, Norwood 71.
Rotherham: Dawson, Rafferty (Agbaire 90), Raggett, Baptiste, Holmes (James 46), McWilliams, Kelly (Spence 46), Yearwood, Kaleta (Jules 69), Gray, Hugill (Nombe 46). **Booked:** Dawson 55, Rafferty 55, Spence 89. **Ref:** Edward Duckworth.

WIGAN (0) **0** — **BOLTON** (0) **1**
ATT: 15,112 — Sheehan 82
Wigan: Tickle, Aimson, Carragher, Fox, Borges Rodrigues, Smith (Francois 88), Weir, Hungbo (McManaman 88), Bettoni (Saydee 79), Wright (Murray 80), Costelloe (Taylor 61).
Bolton: Bonham, Toal, Forino-Joseph, Johnston, Osei-Tutu, Sheehan, Simons (Dempsey 75), Conway, Cozier-Duberry, Dalby, Burstow (McAtee 75). **Booked:** Sheehan 22. **Ref:** Stephen Martin.

PREMIER LEAGUE

		HOME						AWAY					
		P	W	D	L	F	A	W	D	L	F	A	Pts
1	Arsenal	22	9	2	0	26	5	6	3	2	14	9	50
2	Man City	22	8	2	1	27	8	5	2	4	18	13	43
3	Aston Villa	22	8	1	2	18	9	5	3	3	15	16	43
4	Liverpool	22	6	3	2	16	11	4	3	4	17	18	36
5	Man Utd	22	6	3	2	20	13	3	5	3	18	19	35
6	Chelsea	22	5	3	3	17	11	4	4	3	19	13	34
7	Brentford	22	7	3	1	23	10	3	0	8	12	20	33
8	Newcastle	22	7	2	2	22	15	2	4	5	10	12	33
9	Sunderland	22	6	5	0	18	9	2	4	5	5	14	33
10	Everton	22	4	3	4	14	15	5	2	4	10	10	32
11	Fulham	22	6	2	3	19	13	3	2	6	11	18	31
12	Brighton	21	5	4	1	18	11	2	4	5	13	17	29
13	Crystal Palace	22	2	6	3	10	12	5	1	5	13	13	28
14	Tottenham	22	2	3	6	13	14	5	3	3	18	15	27
15	Bournemouth	21	5	4	2	16	11	1	4	5	18	29	26
16	Leeds	22	5	4	2	19	13	1	3	7	11	24	25
17	Nottm Forest	22	3	2	6	12	17	3	2	6	9	17	22
18	West Ham	22	2	1	8	13	25	2	4	5	11	19	17
19	Burnley	22	2	3	6	10	15	1	2	8	13	27	14
20	Wolves	22	1	2	8	10	23	0	3	8	5	18	8

CHELSEA (1) **2** — **BRENTFORD** (0) **0**
Joao Pedro 26
Palmer 76 (pen)

LEEDS (0) **1** — **FULHAM** (0) **0**
Nmecha 90
ATT: 36,300

LIVERPOOL (1) **1** — **BURNLEY** (0) **1**
Wirtz 42 — Edwards 65
ATT: 60,431

MAN UTD (0) **2** — **MAN CITY** (0) **0**
Mbeumo 65
Dorgu 76
ATT: 74,004

NOTTINGHAM FOREST (0) **0** — **ARSENAL** (0) **0**
ATT: 30,729

SUNDERLAND (1) **2** — **CRYSTAL PALACE** (1) **1**
Le Fee 33 — Pino 30
Brobbey 71
ATT: 47,257

TOTTENHAM (0) **1** — **WEST HAM** (1) **2**
Romero 64 — Summerville 15
Wilson 90
ATT: 60,857

ASTON VILLA (0) **0** — **EVERTON** (0) **1**
Barry 59

WOLVES (0) **0** — **NEWCASTLE** (0) **0**
ATT: 29,751

TOP SCORERS

PREMIER LEAGUE	CHAMPIONSHIP	LEAGUE ONE	LEAGUE TWO	SCOTTISH PREM
Haaland (Man City)......... 20	**Armstrong** (S'thampton) 11	**Ballard** (Leyton Orient).. 15	**Drinan** (Swindon)............ 14	**Shankland** (Hearts).......... 11
Thiago (Brentford)........... 16	**Vipotnik** (Swansea).......... 11	**Tolaj** (Plymouth)............... 12	**Cheek** (Bromley)............. 14	**Nygren** (Celtic)................ 10
Semenyo (Man City)........ 10	**T-Asante** (Coventry)........ 10	1 for Port Vale	**Kanu** (Walsall).................. 11	**Maswanhise** (Motherwell).. 10
10 for AFC Bournemouth	**Morris** (Derby)................. 10	**Salech** (Cardiff)............... 12	**Dennis** (Notts County).... 10	**Braga** (Hearts)....................9
Calvert-Lewin (Leeds)......9	**Simms** (Coventry)............ 10	**Fletcher** (Blackpool)........ 11	**Jatta** (Notts County).........9	**Bowie** (Hibernian).............8

CHAMPIONSHIP

WEST BROM (0) **2** — **MIDDLESBROUGH** (1) **3**
Price 75, Wallace 80 — Taylor 42 (og), Silvera 58, Burgzorg 90

CHARLTON (0) **1** — **SHEFF UTD** (0) **0**
Carey 46 — **ATT: 19,647**
Charlton: Kaminski, Ramsay, Jones, Gillesphey, Clarke, Anderson, Rankin-Costello, Bree (Campbell 46), Knibbs (Carey 39), Leaburn (Godden 90), Kelman (Dykes 46). **Booked:** Bree 42, Jones 52, Campbell 74, Rankin-Costello 78.
Sheff Utd: Cooper, Seriki, Tanganga, Bindon (Burrows 46), McCallum, Brooks, Arblaster (Hamer 68), Soumare, O'Hare (Peck 45), Cannon (Mee 45), Bamford (Campbell 68). **Sent-off:** Soumare 35, Tanganga 45, **Booked:** Seriki 90. **Ref:** Oliver Langford.

COVENTRY (0) **2** — **LEICESTER** (1) **1**
Simms 47, Wright 85 — James 10; **ATT: 31,410**
Coventry: Rushworth, van Ewijk, Latibeaudiere, Kitching, Dasilva, Rudoni (Thomas-Asante 83), Grimes, Esse (Sakamoto 67), Overgaard (Eccles 72), Mason-Clark, Simms (Wright 67). **Booked:** Dasilva 90.
Leicester: Stolarczyk, Ricardo Pereira (S Thomas 90), Okoli, Nelson, L Thomas, James, Skipp (Soumare 90), Fatawu, De Cordova-Reid (Page 70), Mavididi (Monga 79), Ayew (Daka 70). **Booked:** Monga 85, Okoli 88, James 90, S Thomas 90. **Ref:** Lewis Smith.

IPSWICH (2) **3** — **BLACKBURN** (0) **0**
Cashin 3 (og), Taylor 12, Szmodics 88 — **ATT: 26,715**
Ipswich: Walton, Furlong, O'Shea, Kipre, Davis, Matusiwa, Taylor (Cajuste 79), Walle (Burns 68), Nunez (Szmodics 79), Philogene-Bidace (Clarke 40), Hirst (Azon 68).
Blackburn: Toth, Atcheson, McLoughlin, Cashin, Tronstad (Forshaw 90), Gardner-Hickman, Henriksson (Jorgensen 46), Baradji, De Neve, Ohashi (Doherty 90), Cantwell. **Booked:** Atcheson 25, Tronstad 69, Cantwell 81, Cashin 86. **Ref:** Andrew Kitchen.

OXFORD UTD (0) **0** — **BRISTOL CITY** (0) **0**
ATT: 11,160
Oxford Utd: Cumming, Long, Helik, Brown, Currie, Konak (Vaulks 46), De Keersmaecker, Mills, Brannagan, Peart-Harris (Phillips 80), Lankshear. **Booked:** Mills 18, Konak 29.
Bristol City: Vitek, Tanner, Dickie, Atkinson, Vyner, Randell, Morsy, Borges (Pring 73), Twine (Earthy 46), Jakobsen (Armstrong 62), Mehmeti (Hirakawa 63). **Booked:** Morsy 25, Dickie 53, Pring 79. **Ref:** Tim Robinson.

PRESTON (0) **0** — **DERBY** (0) **1**
ATT: 17,641 — Agyemang 82
Preston: Walton, Offiah, Storey, Gibson, Whiteman, Potts (Valentin 68), Devine, McCann (Smith 79), Lewis (Small 58), Osmajic (Jebbison 67), Dobbin (Thompson 79). **Booked:** Dobbin 66, Thompson 87.
Derby: Zetterstrom, Ward, Langas, Clarke, Elder, Travis, Ozoh (Thompson 73), Brereton Diaz, Clark (Weimann 89), Brewster (Fraulo 72), Agyemang (Salvesen 89). **Booked:** Clark 38, Ozoh 40, Brereton Diaz 57, Elder 63, Thompson 87. **Ref:** Farai Hallam.

SHEFF WED (0) **0** — **PORTSMOUTH** (0) **1**
ATT: 21,351 — Segecic 65
Sheff Wed: Cooper, Valery, Otegbayo, Palmer (Redmond 76), Fusire, Thornton (Heskey 63), Bannan, Alao (Johnson 63), Cadamarteri, Ingelsson, Lowe (McNeill 63).
Portsmouth: Schmid, Devlin, Poole, Shaughnessy, Ogilvie (Adams 56), Dozzell, Swanson, Segecic, Chaplin, Alli (Williams 73), Bishop. **Booked:** Ogilvie 31, Chaplin 77. **Ref:** John Busby.

SOUTHAMPTON (0) **1** — **HULL** (2) **2**
Stewart 71; **ATT: 27,117** — Joseph 20, Hughes 34

	P	W	D	L	F	A	Pts
Coventry	27	16	7	4	59	30	55
Middlesbrough	27	14	7	6	40	28	49
Ipswich	26	13	8	5	45	24	47
Millwall	27	13	7	7	31	33	46
Hull	26	13	5	8	42	39	44
Preston	27	11	10	6	36	26	43
Stoke	27	12	5	10	32	23	41
Watford	26	11	8	7	37	31	41
Bristol City	27	11	7	9	38	29	40
Wrexham	27	10	10	7	39	34	40
QPR	27	11	6	10	38	39	39
Derby	27	10	8	9	36	35	38
Leicester	27	10	7	10	38	40	37
Birmingham	27	9	8	10	36	37	35
Southampton	27	8	9	10	39	40	33
Swansea	27	9	6	12	28	34	33
Sheff Utd	26	10	2	14	36	39	32
Charlton	26	8	8	10	26	32	32
West Brom	27	9	4	14	31	38	31
Blackburn	26	7	7	12	24	33	28
Portsmouth	25	7	7	11	22	35	28
Norwich	27	7	6	14	30	40	27
Oxford Utd	26	5	8	13	25	35	23
Sheff Wed	26	1	8	17	18	52	-7

Southampton: Peretz, Harwood-Bellis, Wood-Gordon, Quarshie (Jelert 46), Fellows (Robinson 67), Jander (Matsuki 77), Downes, Manning (Archer 89), Azaz (Stewart 66), Scienza, Armstrong.
Hull: Pandur, Coyle (Ndala 76), Hughes (McCarthy 46), Egan, Famewo, Crooks, Slater, Joseph (Jacob 54), Hadziahmetovic (Akintola 90), Millar (Lundstram 75), McBurnie. **Booked:** Coyle 38, Hughes 45. **Ref:** Sam Allison.

STOKE (0) **0** — **QPR** (0) **0**
ATT: 22,045
Stoke: Bazunu, Talovierov, Phillips, Wilmot, Lawal (Bocat 76), Rigo, Pearson (Seko 87), Cisse, Bae, Thomas, Mubama (Manhoef 56). **Booked:** Pearson 29, Mubama 37, Cisse 45.
QPR: Walsh, Mbengue, Dunne, Cook, Norrington-Davies, Dembele (Bennie 71), Hayden, Madsen, Smyth (Esquerdinha 86), Kolli (Adamson 87), Kone. **Booked:** Mbengue 29, Dunne 50, Kone 78, Bennie 90. **Ref:** Matthew Donohue.

SWANSEA (1) **1** — **BIRMINGHAM** (0) **1**
Vipotnik 21 — Roberts 72
ATT: 16,753
Swansea: Vigouroux, Galbraith, Cabango, Burgess, Tymon, Fulton, Ronald, Goncalo Franco (Ward 83), Widell (Yalcouye 68), Eom (Inoussa 77), Vipotnik (Cullen 68).
Birmingham: Beadle, Iwata, Neumann, Klarer, Wagner, Doyle, Paik, Roberts, Ducksch (Willumsson 85), Koumas, Furuhashi (Stansfield 56). Wright, Fujimoto.
Ref: Tom Nield.

WATFORD (0) **0** — **MILLWALL** (0) **2**
ATT: 19,074 — Azeez 69, Coburn 81
Watford: Selvik, Ngakia (Keben 66), Pollock, Abankwah, Bola, Kyprianou (Baah 80), Louza, Ince, Chakvetadze, Maamma (Irankunda 66), Kjerrumgaard (Semedo 80). **Booked:** Kyprianou 45, Chakvetadze 54, Irankunda 89, Pollock 90.
Millwall: Crocombe, Crama, Taylor, Cooper, Doughty, De Norre (Langstaff 46), Mitchell, Azeez (Cundle 80), Neghli (Sturge 87), Ballo (Emakhu 66), Ivanovic (Coburn 67). **Booked:** Mitchell 49, Doughty 66, Neghli 71, Crama 89. **Ref:** Ruebyn Ricardo.

WREXHAM (1) **1** — **NORWICH** (1) **2**
Smith 24; **ATT: 10,650** — Ben Slimane 9, Makama 59
Wrexham: Okonkwo, Cleworth, Hyam, Doyle, Kabore (Barnett 70), Dobson (James 69), Sheaf, Thomason (Rodriguez 90), Windass (Rathbone 70), Broadhead, Smith (Moore 70).
Norwich: Kovacevic, Fisher, McConville, Cordoba, Chrisene (Stacey 66), Mattsson (Wright 90), McLean, Jurasek (Springett 46), Ben Slimane (Diallo 75), Ahmed (Schwartau 46), Makama.
Booked: Mattsson 79.
Ref: Will Finnie.

WEEK AHEAD

(7.45 unless stated)
MONDAY
Premier League
Brighton v Bournemouth (8)
TUESDAY
UEFA Champions League - League Stage
Bodo/Glimt v Man City (5.45)
Copenhagen v Napoli (8)
FC Kairat v Club Brugge (3.30)
Inter Milan v Arsenal (8)
Olympiacos v B Leverkusen (8)
Real Madrid v Monaco (8)
Sporting v PSG (8)
Tottenham v B Dortmund (8)
Villarreal v Ajax (8)
The Emirates FA Cup Third Rnd
Salford City v Swindon
Sky Bet Championship
Charlton v Derby
Coventry v Millwall
Ipswich v Bristol City
Oxford Utd v QPR
Preston v Hull
Sheff Wed v Birmingham
Swansea v Blackburn
West Brom v Norwich
Wrexham v Leicester (8)
Sky Bet League One
Stevenage v Bolton
Scottish Cup Fourth Round
Stranraer v Queen's Park
William Hill Scottish Premiership
Livingston v St Mirren
William Hill Scottish League 1
East Fife v Inverness CT
Alloa v Montrose
WEDNESDAY
UEFA Champions League - League Stage
Galatasaray v Atl Madrid (5.45)
Qarabag FK v E Frankfurt (5.45)
Atalanta v Athletic Bilbao (8)
B Munich v Union Saint Gilloise (8)
Chelsea v AE Pafos (8)
Juventus v Benfica (8)
Marseille v Liverpool (8)
Newcastle v PSV (8)
Slavia Prague v Barcelona (8)
Sky Bet Championship
Southampton v Sheff Utd
Stoke v Middlesbrough (8)
Watford v Portsmouth
FA Women's League Cup Semi Final
Arsenal v Man Utd (7)
Man City v Chelsea (7)
THURSDAY
UEFA Europa League - League Stage
Bologna v Celtic (5.45)
Fenerbahce v Aston Villa (5.45)
Braga v Nottm Forest (8)
Rangers v Ludogorets (8)
Sky Bet League One
Lincoln City v Burton Alb (8)
FRIDAY
Sky Bet Championship
Derby v West Brom (8)
Women's Super League
Everton v Brighton & Hove Alb (7)
William Hill Scottish Ch'ship
Arbroath v Morton
(3 unless stated)
SATURDAY
Premier League
Bournemouth v Liverpool (5.30)
Burnley v Tottenham
Fulham v Brighton
Man City v Wolves
West Ham v Sunderland (12.30)
Sky Bet Championship
Birmingham v Stoke
Blackburn v Watford
Bristol City v Sheff Wed
Hull v Swansea
Leicester v Oxford Utd
Middlesbrough v Preston (12.30)
Millwall v Charlton (12.30)
QPR v Wrexham
Sheff Utd v Ipswich
Sky Bet League One
Blackpool v Northampton
Bolton v Leyton Orient
Cardiff v Stockport County (12.30)
Doncaster v Wigan
Huddersfield v Bradford (12.30)
Plymouth v Luton (12.30)
Port Vale v Exeter
Reading v Barnsley
Rotherham v AFC Wimbledon
Stevenage v Mansfield
Wycombe v Peterborough
Sky Bet League Two
Barnet v Oldham (12.30)
Barrow v Crawley Town
Bromley v Swindon
Cambridge Utd v Tranmere
Cheltenham v Grimsby
Colchester v Fleetwood Town
Harrogate Town v Gillingham
MK Dons v Shrewsbury
Newport County v Chesterfield
Notts County v Crewe (12.30)
Salford City v Bristol Rovers
Walsall v Accrington
Women's Super League
Chelsea v Arsenal (12.30)
William Hill Scottish Premiership
Aberdeen v Livingston
Dundee Utd v St Mirren
Falkirk v Hibernian
Motherwell v Kilmarnock
William Hill Scottish Ch'ship
Airdrieonians v Ross County
Partick v Ayr
Raith v Queen's Park
St Johnstone v Dunfermline
William Hill Scottish League 1
East Fife v Queen of South
Hamilton v Cove Rangers
Inverness CT v Alloa
Kelty Hearts v Stenhousemuir (5.30)
Montrose v Peterhead
William Hill Scottish Lge 2
Clyde v Spartans
Dumbarton v Elgin
East Kilbride v Stranraer
Edinburgh City v Annan Ath
Forfar v Stirling
SUNDAY
Premier League
Brentford v Nottm Forest (2)
Crystal Palace v Chelsea (2)
Newcastle v Aston Villa (2)
Arsenal v Man Utd (4.30)
Sky Bet Championship
Portsmouth v Southampton (12)
Women's Super League
Aston Villa v Man Utd (11.55)
Liverpool FC v Tottenham (11.55)
London City v Man City (11.55)
Leicester v West Ham (11.55)
William Hill Scottish Premiership
Hearts v Celtic
Rangers v Dundee

1-2-X CHECK

POOLS NUMBER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
FULL TIME	1a	1	1	3	1	2	1	1a	2	1	1	1	2	1a	1a	1a	2	3	1a	2	1a	1	1a	1	1

POOLS NUMBER	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
FULL TIME	1	3	1	1a	1a	1a	1a	1a	2	1a	1	1a	1	1	1	1	1a	1a	1	1	1	1a	3	1

LEAGUE TWO

ACCRINGTON STANLEY (0) **0** — **MK DONS** (2) **2**
ATT: 2,006 — Wiles 14, Collins 45
Accrington S: Wright, Love, Matthews, Ward, O'Brien (Brown 77), Conneely (Grant 76), Sinclair, Heath, Whalley, Henderson (Caton 60), Woods (Madden 60). **Booked:** Whalley 8, Matthews 66.
MK Dons: MacGillivray, Sanders, Nelson, Offord, Kelly, Jones (Lemonheigh-Evans 65), Wiles (Matete 76), Gilbey, Mellish, Collins (Hogan 65), Paterson. **Booked:** Kelly 62, Hogan 70.
Ref: Ross Martin.

BRISTOL ROVERS (0) **0** — **COLCHESTER** (0) **1**
ATT: 7,556 — Edwards 85
Bristol Rovers: Southwood, Senior (Balmer 59), Harbottle (Lockyer 66), Kilgour, Sparkes, Thompson-Sommers (Harrison 59), Conteh, De Havilland, Forde, Cavegn, Thomas (Hutchinson 78). **Booked:** Senior 28, Kilgour 73, Sparkes 89, Lockyer 90.
Colchester: Macey, Vincent-Young, Tucker, Araujo, Iandolo (Terry 7), Hunt, Read, Tovide (Gape 90), Payne (Gordon 90), Lisbie (Edwards 73), Mbick. **Booked:** Hunt 61, Mbick 90.
Ref: Ben Toner.

CHESTERFIELD (0) **0** — **BROMLEY** (0) **0**
ATT: 7,432
Chesterfield: Hemming, Curtis (Daley-Campbell 82), McFadzean, Swinkels, Lewis (Pearce 66), Braybrooke, Stirk, Mandeville, Dickson (Duffy 72), Berry-McNally (Ladapo 66), Bonis (Grigg 71). **Booked:** Curtis 45, Duffy 88.
Bromley: Smith, Ifill, Sowunmi, Elerewe, Odutayo, Charles, Whitely (Ilunga 76), Arthurs (Thompson 77), Krauhaus (Hondermarck 64), Pinnock, Cheek (Kabamba 76). **Subs not used:** Long, Cameron, Samuel. **Ref:** Alex Chilowicz.

CRAWLEY TOWN (0) **1** — **NOTTS COUNTY** (0) **2**
McKirdy 90 — Jones 54, Jatta 81
Crawley Town: Davies, Odimayo, Vassell, Flint, Forster, Pereira (McKirdy 68), Williams (Anderson 68), Russell, Copley, Lolos, Orsi-Dadomo. **Booked:** Williams 47. **Sent-off:** Lolos 64.
Notts County: Belshaw, Macari (Ness 85), Platt, Bedeau, Tsaroulla (Kouhyar 86), Norburn, Palmer, Jones (Dennis 69), Iorpenda (Hall 76), Grant (Enoru 69), Jatta. **Booked:** Jones 68, Ness 90. **Ref:** Matthew Russell.

CREWE (3) **3** — **BARROW** (1) **1**
O'Reilly 13, Agius 17, March 38 — Fletcher 31; **ATT: 4,770**
Crewe: Lawlor, Billington, Pond, Demetriou, Hutchinson, Lunt, Sanders, O'Reilly (Connolly 78), Holicek (Rankine 89), Agius, March (Thibaut 84). **Booked:** Sanders 10, Demetriou 41, Hutchinson 48, Agius 90.
Barrow: Stanway, F Anderson, Raglan, Shipley (J Anderson 72), Harper (Newby 85), Whitfield (Barkhuizen 72), Smith, McCann, Jackson, Fletcher, Mahoney (Cameron 63). **Booked:** Jackson 18, F Anderson 65, Smith 65. **Ref:** Sebastian Stockbridge.

FLEETWOOD TOWN (0) **1** — **CAMBRIDGE UTD** (1) **2**
Ennis 74 (pen); **ATT: 2,666** — KaiKai 31, Gibbons 82
Fleetwood Town: Lynch, Rooney, Holgate (Mullarkey 75), Hughes, Ennis, Virtue (Neal 75), Bonds, Powell, Helm (Devonport 90), Davies (Roberts 70), Evans. **Booked:** Evans 39, Helm 53, Mullarkey 90.
Cambridge Utd: Eastwood, Gibbons, Jobe, Watts, Bennett (Purrington 77), Hoddle (Lavery 77), Mpanzu, Brophy, Knight (Ball 64), KaiKai, Appere (McLoughlin 87). **Ref:** Craig Hicks.

	P	W	D	L	F	A	Pts
Bromley	26	15	7	4	44	27	52
Swindon	25	14	4	7	41	29	46
Walsall	25	14	4	7	35	24	46
Salford City	25	14	4	7	38	33	46
MK Dons	26	12	8	6	48	28	44
Cambridge Utd	25	12	8	5	30	20	44
Notts County	25	12	6	7	38	27	42
Chesterfield	26	10	11	5	42	35	41
Colchester	25	10	9	6	39	28	39
Crewe	26	11	6	9	42	34	39
Grimsby	25	10	7	8	36	30	37
Oldham	25	8	11	6	26	20	35
Barnet	25	9	8	8	32	27	35
Gillingham	25	8	11	6	34	30	35
Fleetwood Town	25	9	7	9	33	32	34
Accrington Stanley	25	9	6	10	27	28	33
Tranmere	26	8	8	10	40	42	32
Cheltenham	26	9	3	14	26	43	30
Barrow	25	6	6	13	27	38	24
Shrewsbury	25	5	7	13	22	41	22
Bristol Rovers	25	6	3	16	21	45	21
Crawley Town	26	4	7	15	29	47	19
Harrogate Town	26	4	6	16	19	41	18
Newport County	25	4	5	16	26	46	17

GILLINGHAM (1) **3** — **NEWPORT COUNTY** (1) **2**
Masterson 30 — Spellman 4
Little 90 (pen), McCleary 90 — Antwi 84; **ATT: 5,548**
Gillingham: Morris, Gale, A Smith, Masterson, Clark, McKenzie, Little, J Smith (McCleary 70), Dack (Coleman 90), Rowe (Hutton 86), Andrews (Vokes 87). **Booked:** Clark 62, Dack 90, A Smith 90.
Newport County: Wright, Shephard (Thomas 88), Jenkins (Antwi 76), Baker, Delaney, Driscoll-Glennon, Spellman (Nyakuhwa 55), Smith (Brennan 76), Biggins, Kamwa, Opoku (Crole 89). **Booked:** Baker 90, Brennan 90. **Ref:** Carl Brook.

GRIMSBY (0) **1** — **BARNET** (0) **0**
Sweeney 51 — **ATT: 6,046**
Grimsby: Smith, Rodgers, Tharme (Staunton 41), McJannett, Sweeney, Turi (McEachran 69), Burns (Cook 72), Green, Khouri, Vernam (Sellars-Fleming 73), Soonsup-Bell (Kabia 46). **Booked:** Khouri 32.
Barnet: Slicker, Collinge, Kizzi, Tavares, Senior, Shelton, Glover, Ofoborh, Kanu (Hawkins 66), Ndlovu (Assombalonga 80), Browne (Smith 19). **Sent-off:** Kizzi 11, **Booked:** Kanu 28.
Ref: Jamie O'Connor.

OLDHAM (1) **2** — **CHELTENHAM** (1) **1**
Garner 45, Payne 60 — Thomas 26 (pen); **ATT: 6,345**
Oldham: Hudson, Caprice, Daniels, Monthe, Robson, Woods, Payne, Pett, Hannant (Fondop-Talom 46), Drummond (Hawkes 74), Garner (Quigley 75). **Booked:** Woods 73, Quigley 83, Hawkes 85, Caprice 90.
Cheltenham: Day, Tomkinson, Cundy, Wilson, Nurse (Harmon 86), Young, Stevenson, Jude-Boyd (Kinsella 72), Bickerstaff, Thomas, Miller (Martin 86). **Booked:** Kinsella 90. **Ref:** Neil Hair.

SHREWSBURY (0) **1** — **HARROGATE TOWN** (0) **0**
Perry 62
Shrewsbury: Brook, Freeman, Hoole, Boyle, Clucas, Kabia, Perry, Ruffels, Morgan (McDermott 74), Marquis, Ogunsuyi (Lloyd 83). **Booked:** Clucas 90, Marquis 90, McDermott 90.
Harrogate Town: Gray, Headman, O'Connor (Burrell 90), Heffernan, Morris, Horton (Cass 61), Thomson, Smith, Evans, Muldoon, Acquah (Cursons 76). **Booked:** Evans 3, Headman 23. **Sent-off:** Evans 51, **Booked:** Smith 70, O'Connor 89, Cass 90, Thomson 90. **Ref:** Peter Wright.

SWINDON (1) **2** — **SALFORD CITY** (2) **3**
McGregor 35 — Turton 24, N'Mai 31
Drinan 77 — Cesay 72; **ATT: 8,129**
Swindon: Ripley, Snowdon (Olakigbe 59), Wright, Tafazolli (Mabete 74), Wilson-Brown (Kirkman 74), McGregor, Kilkenny, Nichols (Borland 64), Oldaker, Drinan, Palmer (Holman 64). **Booked:** Snowdon 56, Wright 87.
Salford City: Young, Turton (Awe 83), Cooper, Garbutt, Grant (Butcher 83), Mnoga, Cesay, Austerfield (Woodburn 66), N'Mai (Longelo 90), Graydon, Udoh. **Booked:** Austerfield 39, Cooper 65, Garbutt 67, Woodburn 73. **Ref:** Charles Breakspear.

TRANMERE (0) **1** — **WALSALL** (2) **3**
Ironside 90 — Farquharson 38, Kanu 45, Matt 65
ATT: 5,751
Tranmere: Barrett, Smith, Tamen, McGowan, Joseph (Ironside 78), Finley, Smallwood (Dennis 77), Bristow (Brough 77), Whitaker, Jones (Norman 77), Jennings. **Booked:** Finley 81.
Walsall: Roberts, Farquharson, Flint, Weir (Lopata 87), Barrett, Jellis, Comley, Pattison (Lakin 76), Harper, Matt (Loupalo-Bi 76), Kanu (Adomah 87). **Booked:** Barrett 43, Lopata 90. **Ref:** Darren Drysdale.

NON-LEAGUE ROUND-UP

MILL: UPSET DALE? SAY NO MOOR

SOLIHULL MOORS boss Chris Millington promised to try and put a spanner in Rochdale's promotion push after doing exactly that to CARLISLE in a 3-3 draw with Mark Hughes' side.

A hat-trick from Georgie Kelly (left) wasn't enough to secure all three points for the Cumbrians, who hope resurgent Moors can do them a favour when they host title-chasing Dale on Wednesday. ROCHDALE are a point behind third-place Carlisle with four games in hand after inflicting a 13th straight defeat on bottom side GATESHEAD at the International Stadium.

Moors boss Millington said: "Rochdale are equally as challenging as Carlisle but we'll also present them with some significant problems."

YORK lead the way after coming from behind to draw 1-1 with SOUTHEND. The Minstermen travel to Carlisle on Wednesday looking to stretch a 15-game unbeaten league run.

In-form BOREHAM WOOD are off the top only on goal difference after a sixth straight league win, 3-0 at BRAINTREE.

FOREST GREEN drew 1-1 at SUTTON, their ninth stalemate of the campaign. Rovers' striker Ricardo Rees was sent off for two yellow cards before the break.

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SPUR-FECT! Forward Gunning-Williams celebrates her late goal with team-mate Csiki

NEW FACES NEW HOPE

Gaupset & Hamano give Spurs boss glimpse of exciting future

BY **JASON MELLOR**

TOTTENHAM head coach Martin Ho singled out new arrivals Signe Gaupset and Maika Hamano after his side beat LEICESTER 3-0 to reach the FA Cup fifth round.

Spurs never looked in danger of repeating last year's fourth-round exit, easing past their WSL rivals as former Chelsea winger Hamano and ex-Brann midfielder Gaupset both stood out.

After goals from Beth England, Drew Spence and Lenna Gunning-Williams, Ho (inset) said: "Signe is probably at 30-40 percent, to be honest. She's settled in quickly and is starting to show flashes of what she's capable of.

"At times, she was probably trying to do too much because she's that type of player who wants to take risks, but for someone who has just come in from off-season, she looks sharp.

"Maika is versatile and can play in numerous positions. We saw today she was on the left side, right side and in the No.10 role.

"She's a technically wonderful player, very intelligent, still with lots to learn, and I think we can add so many more layers to her game.

"It was a good win. I don't want to come into a competition and just allow it to be a development opportunity for players to get minutes.

"This club wants to be successful, I want to be successful and I want to win."

In a fourth round of few upsets, holders CHELSEA beat WSL2 side CRYSTAL PALACE 5-0 and league leaders MANCHESTER CITY hammered National League Southern Premier side BOURNEMOUTH 6-0.

MANCHESTER UNITED put five past north-west neighbours BURNLEY and ARSENAL beat WSL rivals ASTON VILLA 2-0.

WSL bottom-club Liverpool enjoyed a much-needed six-goal romp against fourth-tier LONDON BEES.

BRISTOL CITY needed extra-time to seal a 2-1 comeback win against SOUTHAMPTON. LONDON CITY LIONESSES won with the only goal at SUNDERLAND.

Danish forward Amalie Thestrup grabbed a hat-trick as CHARLTON walloped SWINDON 10-0 at The Valley.

There will be representation from outside the WSL after CHATHAM TOWN booked a first-ever passage to round five by beating YORK CITY 3-0.

Southern Premier side OXFORD UNITED staged a stunning late comeback to beat MIDDLESBROUGH 3-1.